



BetterMe For Business

Bio-Individual employee wellness solution

Building thriving, unstoppable teams

Chronic health conditions are on the rise

Lack of physical activity, unhealthy eating, excessive alcohol and tobacco use contribute to development of chronic health conditions such as diabetes, heart disease, and obesity.

This trend has not only **raised employer healthcare costs** but is also putting employees under unprecedented pressure while bearing the maximum share of health costs they can afford.



What this means for your organization

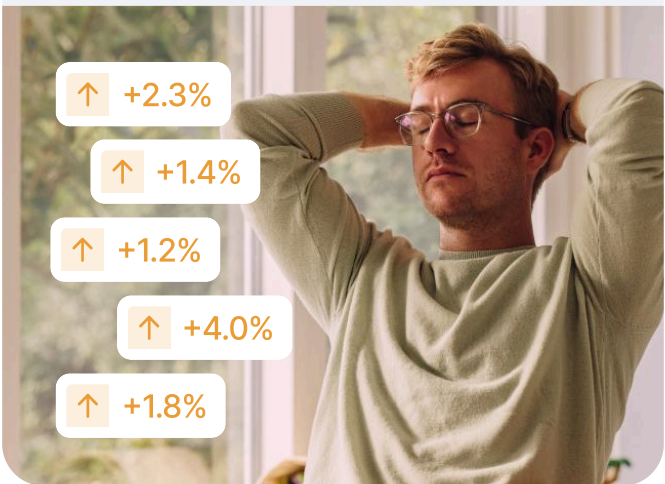
58%

of young adults have at least one chronic health condition



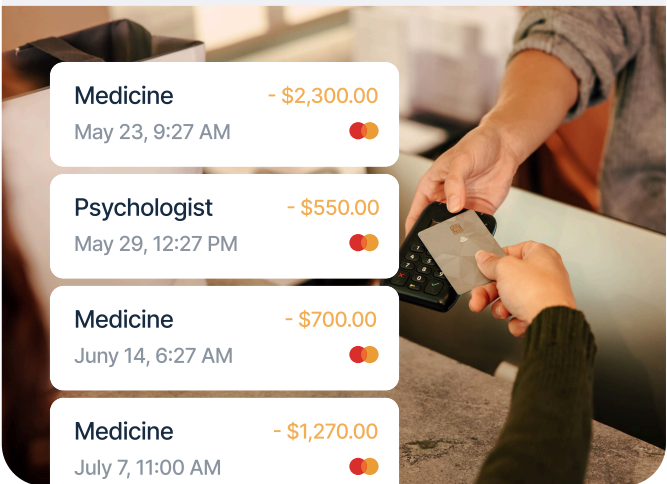
10%

projected increase in healthcare costs for employers by 2026



75%

of employees income is projected to go into medical expenses



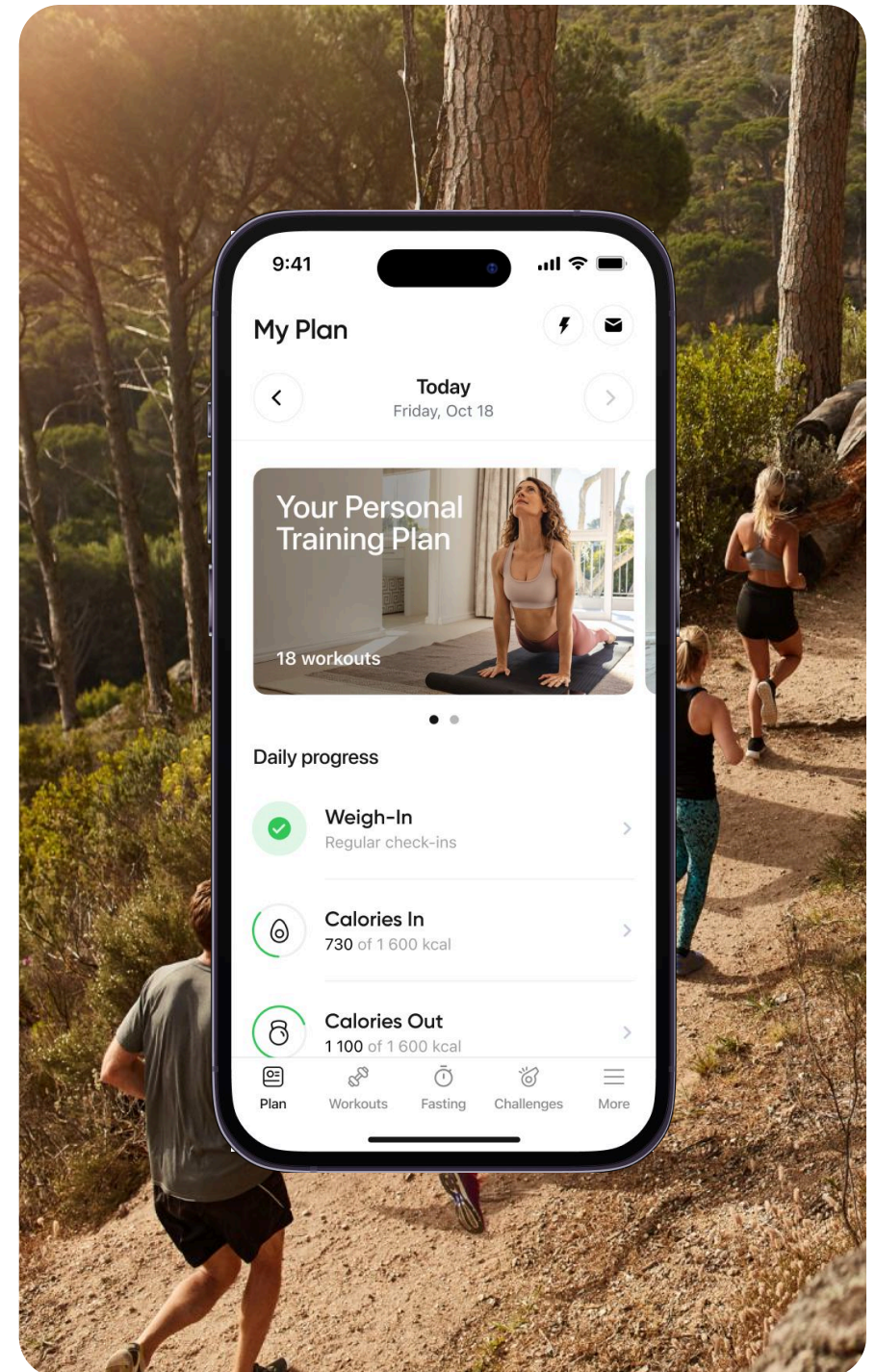
Say hello to BetterMe for Business

BetterMe gives members access to **customized physical and mental health** support based on their needs, lifestyle, and health goals.

Our **bio-individual approach**, and world-class health coaching app, will help your team show up at their absolute best, and drive your business' success from the inside out.

BetterMe **members report** wellness advancements that contribute to **lowering healthcare costs** and expanding access to affordable health tools and resources.

BetterMe

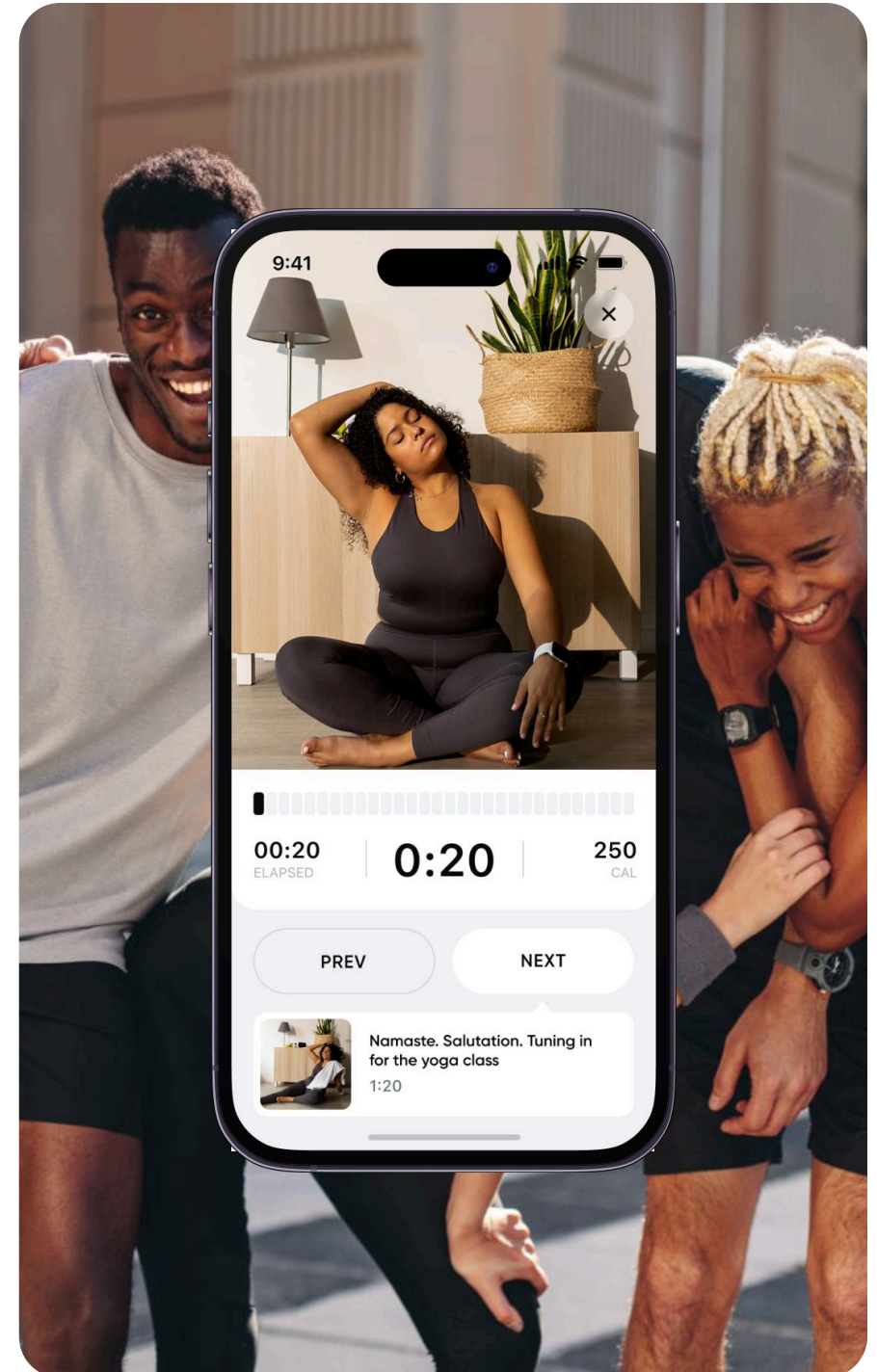


Loved by resilient, unstoppable members around the world

Over **5M active monthly members** prioritize their health, thanks to BetterMe.

Thanks to our bio-individual approach, and expert guidance, your team can show up at their absolute best, helping to **drive your business' success** from the inside out.

BetterMe



Bio-individual support and experiences

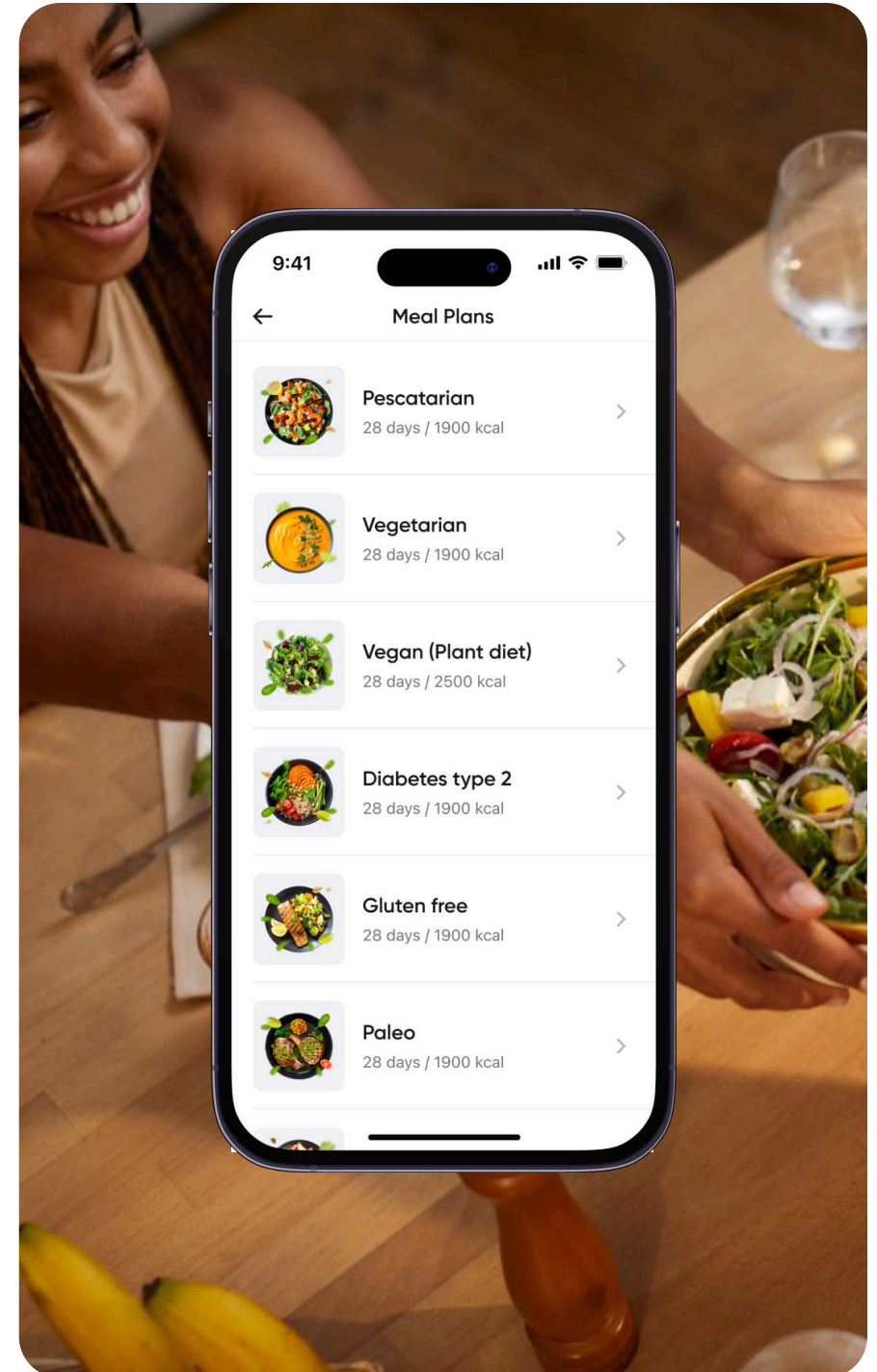
Genetic predisposition greatly influences nutrition and healthy lifestyle patterns.

BetterMe provides members with customized plans based on their unique physical, psychological, and lifestyle needs.



67% of BetterMe users claim to have successfully adopted and sustained new healthy habits.

BetterMe



Enduring health improvements amplifying ROI

BetterMe members report wellness advancements that contribute to lowering healthcare costs for employers and members.



52% of users say that BetterMe has improved their overall health.

BetterMe



Fewer Sick Days



Lower Insurance Rates



More Productive

A photograph of three runners in motion, captured from the waist up. The runner on the left is wearing a light blue shirt and dark shorts. The runner in the center is a man with dark hair, wearing a black t-shirt and black shorts. The runner on the right is a woman with long blonde braids, wearing a black top and dark shorts. They are all running towards the right side of the frame. The background is a blurred outdoor setting with a clear blue sky and some architectural elements.

BetterMe For Business

Give your team the tools
to transform their health
and your business

A powerful health transformation ecosystem

BetterMe members report long-term transformational results. Our bio-individual approach drives behavioral change and long-lasting health outcomes that contribute to lowering healthcare costs for employers and members.

Health Coaching App

- ✓ Nutrition guides and trackers
- ✓ Bio-individualized workouts
- ✓ Micro-learning articles on health-related topics
- ✓ Limited-mobility workouts
- ✓ Pre and post-natal workouts
- ✓ Challenges

Mental Health App

- ✓ Mindfulness
- ✓ Sleep stories
- ✓ Sleep sounds
- ✓ Breathing exercises
- ✓ Micro-learning tracks
- ✓ Meditations



BetterMe includes: Zoom App for Business

- ✓ Boost productivity and reduce stress with quick desk workouts
- ✓ Pick from neck stretches, yoga, or chair cardio for office-friendly workouts
- ✓ Easily add fitness and mindfulness practices to daily meetings
- ✓ Use breathing exercises, meditations, and body scans for better focus



Read more
on the website

