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REAL. FOR EMPLOYERS

Healthier people. Better business.


Cultivate a healthy, thriving, and creative workforce with REAL's personalized health-evolution platform.

- Get started
- Learn more







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BUILT FOR ENTERPRISE

Drive change across the whole organisation with insights for leaders, training for managers and support that meets your people where they are.



Uber**GIBSON DUNN****KEARNEY****Σntain****SAMSUNG****SHEARMAN & STERLING**






Screen 2

Why now is the time to invest in the team's health?

50% of employees have resigned due to health concerns

10% projected increase in healthcare costs for employers by 2026


14% decrease in employee productivity due to health

BetterMe[Products](#)[For Business](#)[Store](#)[Privacy Policy](#)[Log In](#)

Why now is the time to invest in team's health?


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



Source *

Screen 3

Exclusive Content

Quick and Effective Office Workouts

The BetterMe: Health Coaching app features a collection of 5-10 minute desk workouts designed to boost productivity, resilience to stress, and concentration at work.



Short workplace workouts **increase productivity by 22%** and **creativity by 17%**.

Enhance Employee Wellness

Our naturopathy experts were diving into the vital connection between nutrition, body, and emotional well-being and created unique personalized meal plans.

80% of our hormones are produced in the stomach, meaning that what we eat largely shapes our emotions.

RETURN ON INVESTMENT

Maximize your ROI

You'll save time and money with Zendesk. Don't take it from us; take it from Forrester. Their Total Economic Impact™ (TEI) study showed 286% return on investment over three years.

[Read the full report](#)



Improve time to value

Zendesk works out of the box. Solve customer problems right away, rather than configuring complex software.



Reduce effort per ticket

Self-service and automation deflect up to 15% of agent contacts. Resolve remaining tickets faster with rich customer insights.



Keep costs low

You don't need a developer army to start using Zendesk, or an influx of agents to keep using it. Efficiency and automation are baked in.

Gentle and Effective Detoxification Our programs allow employees to cleanse their bodies gently and consistently, eliminating the need for rushing or worrying about missing out. This promotes a healthier, more balanced lifestyle without the stress of drastic changes.

Natural Pain Relief and Energy Boost Help your team say goodbye to painkillers and experience a significant surge of energy. Our tailored nutrition plans provide natural solutions to relieve headaches, menstrual pain, and other aches, while expert guidance uncovers the nutritional causes behind energy slumps.

Improved Resilience and Daily Wellness Support your employees in becoming more resilient, self-confident, and radiant. Our comprehensive programs offer a thorough internal revitalization, helping them start each day feeling light, refreshed, and progressively better. This daily improvement fosters a healthier, more productive workforce.

Screen 4

The same screen but calculated based on unproductivity days by employee (*employee x 14% x average monthly salary in the country*) <https://unmind.com/>



The Significance of wellbeing / Impact of Wellbeing / Why wellbeing matters

How much could REAL save your organisation?
Find out by moving the slider to your employee headcount.

{1,675} (16.7%)

employees are struggling with a health issue

20%

Percentage of employees who leave the company due to health or burnout

{Number of}

employee which plan to change work

\$4700

Cost of hiring a new employee

[Source*](#)

{total number of days}

days are lost every year to health problems

{Money}

the annual cost of health problems to organisations

Screen 5

Enduring health improvements amplifying ROI

3+ more productive days monthly after 30 days

\$6 720 estimated annual productivity saving per employee experiencing low mood or health difficulties

83% of users say that REAL has improved their overall health / **83%** of participants reported that REAL has improved their overall health

OUR SCIENTIFIC STUDIES

We continually study our platform to understand the real-world benefits

Collaborating with top mental health experts, we live our values by contributing to mental health knowledge and supporting academic research

£5,049	71%	30+
estimated annual productivity saving per employee experiencing low mood or sleep difficulties ⁽⁰¹⁾	of participants reported a reduction in stress levels ⁽⁰²⁾	minutes extra sleep a night for people with sleep difficulties ⁽⁰¹⁾

How we lead with science

<https://unmind.com/>

AN APPROACH THAT FOLLOWS OFFICIAL GUIDELINES

 World Health Organization Guidelines on mental health at work	 ISO 45003 Psychological health and safety at work	 U.S. Surgeon General Framework for workplace mental health & wellbeing	 Safe Work Australia Managing psychosocial hazards at work
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Screen 6

"People needed resources to get immediate help
anywhere, anytime, without the shame that comes with
need helping."

Tracy Clemente
Manager and Benefits & HR Operations, Chegg

"Unmind meets our unique
demands and has such a diverse
breadth of content that anyone
can find a tool or exercise that
will work for them. I am excited
to achieve our goal of
establishing a mentally healthy
workplace."

Isabel Caro
Senior Co-ordinator, Mental Health & Safety
Programs at MLB



8,000
employees globally

[Read more on our blog](#) →

2023

2023

2022

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Wellbeing. Your Business Will Suffer The Most.

Sep 13, 2023

Entrepreneur →

6 Reasons Your Company Needs a Fitness Program

Oct 10, 2021

WIRED →

The Remarkable Resilience of Ukraine's Tech Sector

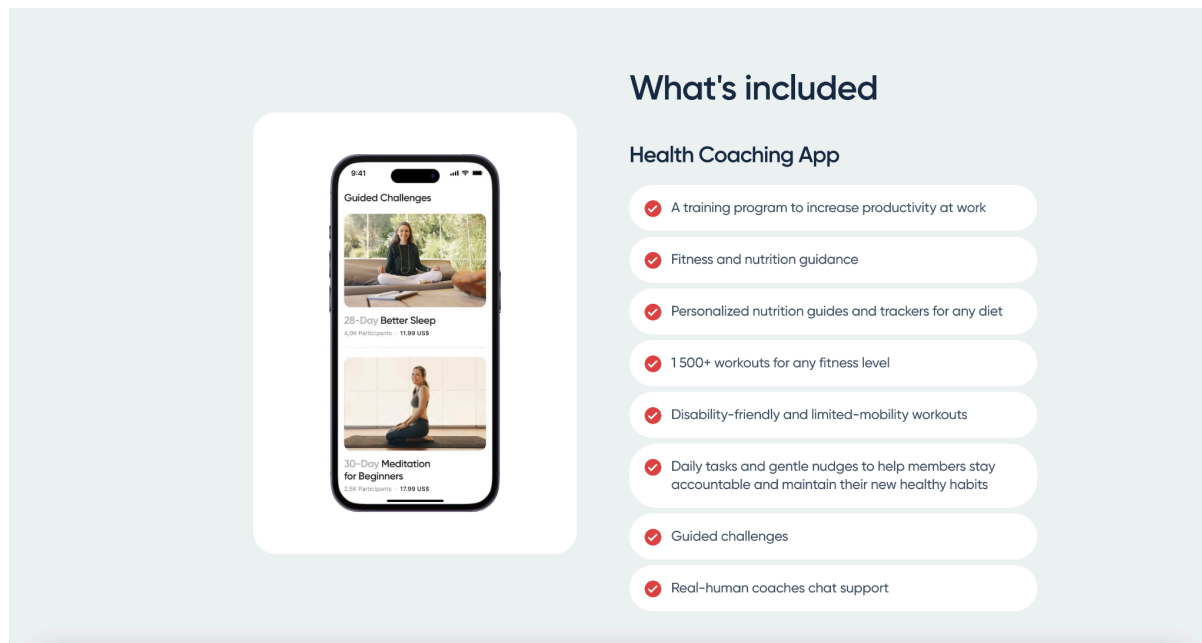
Jul 17, 2023



Screen 7

What's included

<https://betterme.world/for-business>



The screenshot displays the 'Guided Challenges' section of the BetterMe app. It features three challenge cards: '28-Day Better Sleep' (4.9K Participants, \$15.99 US\$), '30-Day Meditation for Beginners' (3.5K Participants, \$12.99 US\$), and a 'Guided Challenges' header card with a woman meditating. To the right, a list titled 'What's included' under 'Health Coaching App' details the app's offerings.

What's included

Health Coaching App

- ✓ A training program to increase productivity at work
- ✓ Fitness and nutrition guidance
- ✓ Personalized nutrition guides and trackers for any diet
- ✓ 1500+ workouts for any fitness level
- ✓ Disability-friendly and limited-mobility workouts
- ✓ Daily tasks and gentle nudges to help members stay accountable and maintain their new healthy habits
- ✓ Guided challenges
- ✓ Real-human coaches chat support

What included:

Personalized Meal Plans

Enjoy a customized 12-month meal plan that dynamically adapts to your changing needs. Each plan includes ingredients, step-by-step preparation instructions, alternative recipes, and detailed nutritional information to ensure a balanced diet.

Smart Shopping Lists

Receive a tailored shopping list based on your meal plan, ensuring you only buy what you need. Say goodbye to spoiled food!

Daily Lifestyle Tips

Enhance your well-being with daily lifestyle tips designed to boost the effectiveness of your new habits. These tips cover various topics, including hydration, breathing practices, short physical exercises, and much more, helping you feel better and more energized every day.

Screen 8

<https://lifesum.com/work>

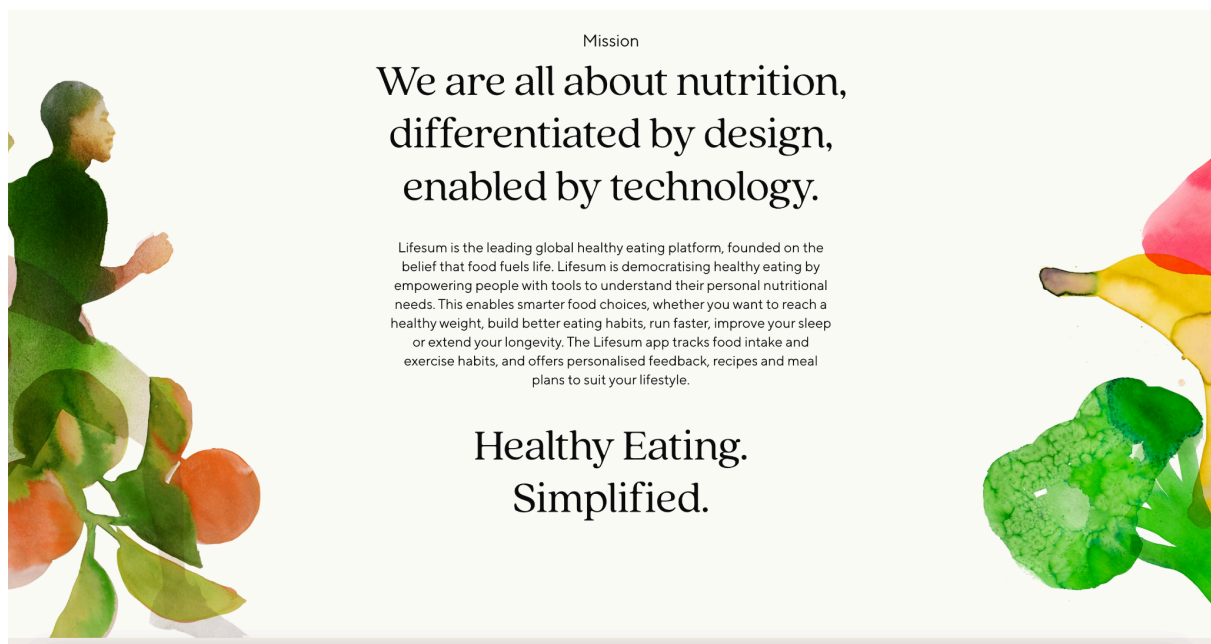
Mission

Real.'s mission is to empower every individual with accessible and holistic nutrition solutions that profoundly enhance their health and well-being.

At Real., we believe in the holistic harmony of the human body, where each organ plays a vital role in overall health. Our mission is to transform lives through changing eating habits that address health challenges at their source. We empower individuals to achieve sustainable health improvements by focusing on deep detoxification, and personalized meal plans.

Our platform provides comprehensive tools, education, and support, enabling informed choices that help you enhance vitality, longevity, and mental clarity.

EAT REAL. FEEL REAL. LIVE REAL.

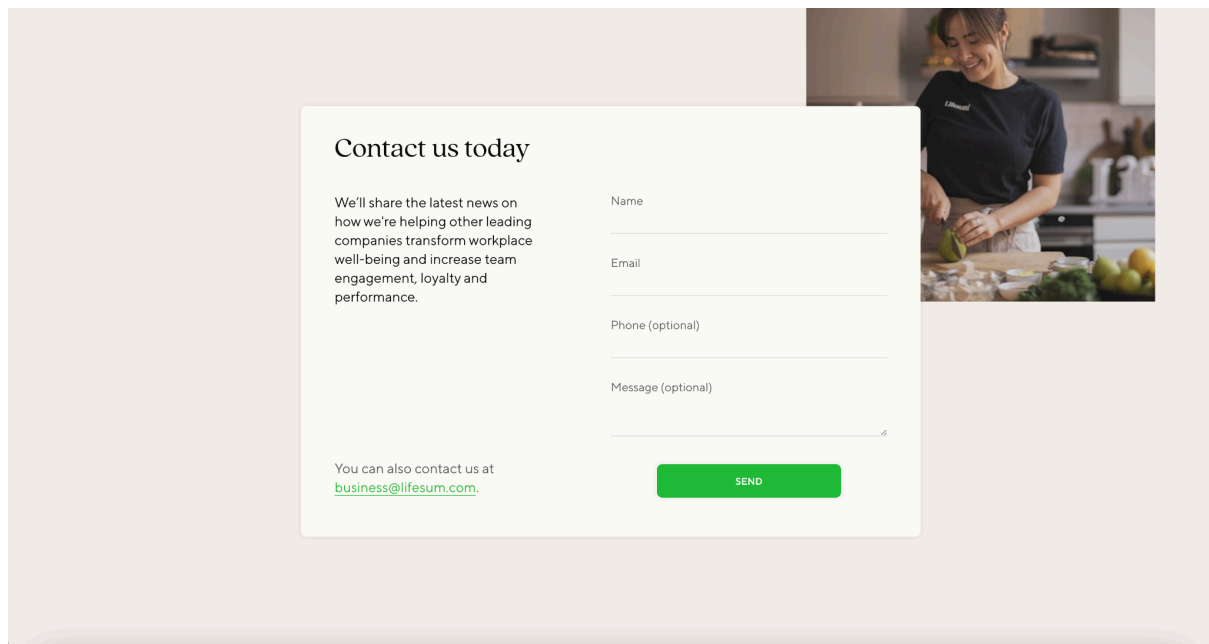


Screen 9

Let's talk wellbeing at work

We'll share the latest news on how we're helping other leading companies transform workplace well-being and increase team engagement, loyalty and performance.

<https://www.aiscreen.io/contact/>



Contact us today

We'll share the latest news on how we're helping other leading companies transform workplace well-being and increase team engagement, loyalty and performance.

You can also contact us at business@lifesum.com.

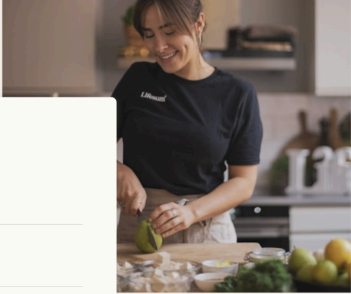
SEND

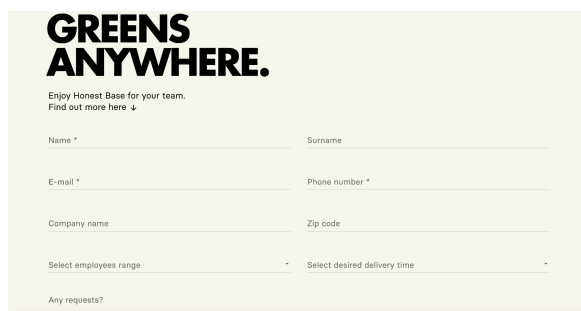
Name

Email

Phone (optional)

Message (optional)





GREENS ANYWHERE.

Enjoy Honest Base for your team.
Find out more here [↓](#)

Name *

Surname

E-mail *

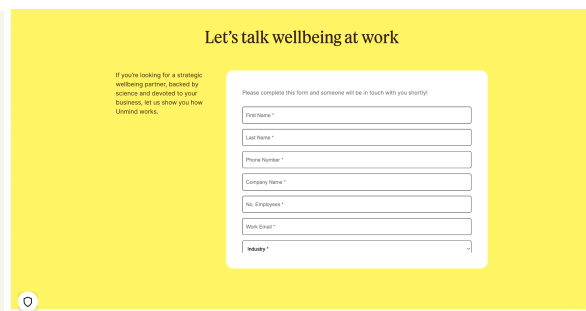
Phone number *

Company name

Zip code

Select employees range * **Select desired delivery time** *

Any requests?



Let's talk wellbeing at work

If you're looking for a strategic wellbeing partner, backed by science and devoted to your business, let us show you how Lifesum works.

Please complete this form and someone will be in touch with you shortly!

First Name *

Last Name *

Phone Number *

Company Name *

No. Employees *

Work Group *

Industry *

0

Дополнительная информация:

- 70 процентов иммунной системы находится в кишечнике и зависит от здоровья микробиомы
- кишечник формирует наш мозг при рождении и по мере взросления
- 42% населения США страдает ожирением
- 11% населения США имеет диабет
- 47% населения - гипертонию
- 11% населения имеет аллергии на различные продукты питания
- В США почти 60% употребляемых калорий это ультрапереработанная пища

Пища влияет на микробиом, микробиом влияет на гормоны и мозг, мозг влияет на мироощущение и качество жизни.

То что ты ешь сегодня - повлияет на твой микробиом завтра!