

VIRTUAL CORPORATE WELLNESS REDEFINED

One Stop Wellness offers on-demand, health literacy classes that influences behavior change while improving physical and emotional health. The affordable benefit that will help your employees move more, eat better, and build resilience - on their schedule.



FITNESS



NUTRITION



MINDFULNESS

HIGH QUALITY CONTENT & INSTRUCTORS

- Premium HD, 1-15 minute classes
- Credentialed, knowledgeable, engaging experts
- Programs segmented by series and episodes
- Education based and easy-to-follow
- New content produced monthly

PERSONALIZATION

- Recommendation engine suggests content based on interests, goals, and health risks
- Classes for all skill levels
- Track progress and receive reports
- Take quizzes to improve health literacy

CLIENT SUPPORT & REPORTING

- Marketing campaigns and communications to drive awareness
- Program measurement and analytics
- Flexible incentive management program

**TO LEARN MORE OR SPEAK TO AN
ENGAGEMENT CONSULTANT CONTACT:**

contact@onestopwellness.com

onestopwellness.com/request-demo

