

total wellbeing assessments

using data to achieve the optimum health and productivity of your employees



overview

At Bravo Benefits, we know how important it is to support your employees mentally, physically, socially and financially to enable them to become happier and healthier, whilst being productive and engaged.

Total Wellbeing Assessments are designed to help organisations gain insights into how they can better support employees to build more resiliency and stay more connected to their assigned work. Total Wellbeing Assessments uses predictive analytics to assess the health, productivity and engagement of an individual and the organisation. Total Wellbeing Assessments maximise the value of the Employee Assistance Programme for all employees by offering a personalised, date-driven action plan for each user.

what are total wellbeing assessments?

Total Wellbeing Assessments are behavioural-based assessments that measure four pillars - Physical, Mental, Social and Financial, and create a comprehensive picture of the total health for employees and your organisation.

✓ **Physical:** Biometrics, medical history, nutrition, physical activity, sleep and more

✓ **Mental:** Stress, anxiety, burnout, coping skills and resilience

✓ **Social:** Social support, isolation and more

✓ **Financial:** Debt savings, behaviour

total wellbeing assessments

for employees

- ✓ Health questions seamlessly built into the platform experience
- ✓ Personal health dashboard with immediate feedback and insights including scores and recommend programs, digital training, wellness challenges and digital health programs
- ✓ Direct, actionable steps to improve health and wellbeing across the 4 pillars

for employers

- ✓ On demand quantitative built into the admin panel
- ✓ Company health dashboard with big picture insights on your employees' health, wellbeing and productivity
- ✓ Analytics that provide insight into drivers of key outcomes, which directs strategic actions that will have the most impact

deep-learning health and wellbeing checks

Each employee answers a series of questions that relate to their mental, physical, social and financial health to establish their current health status.

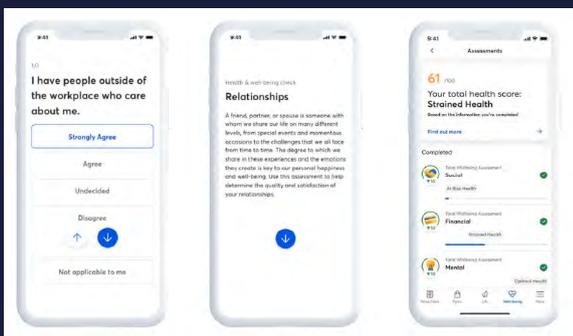
easy-to-follow user-friendly questions

Much more than a quiz, our health questions assess known symptoms and risk factors to provide informed, up-to-date proactive information.

personalised real-time scorecard

Each employee receives immediate, personal feedback upon completion of the survey regarding any areas of concern, along with suggestions to improve health.

benefits



Actionable Insights: Enhance online reporting and analytics are integrated with the data from the platform and Employee Assistance Programme

Engagement Metrics: Identification of user behaviour to better engage with 100% of your people while evaluating benefits plans and HR initiatives

Proactive Support: Use predictive analytics to provide insight into the drivers of health issues and productivity loss

The Total Wellbeing Assessment tool can help organisations and their people to make better decisions that will benefit them in and out of the workplace - today and in the future