

Dialogue's Wellness program

Driving all employees
toward fitness and health

Empower your members towards their health on a daily basis, with science- and clinically-backed wellness resources.

Designed to drive real change today to build a healthier tomorrow, Dialogue's Wellness program can help prevent the onset of chronic conditions and positively impact employee health.



Fitness challenges to drive engagement

Members can join **individual and team challenges**, no matter their health or fitness level.

Promote community
engagement, while
encouraging your team to:

- ✓ Push their limits
- ✓ Challenge their colleagues
- ✓ Share their wins
- ✓ Feel healthier and happier
- ✚ **Fitness tracker integration**
lets employees track their progress
to stay engaged in their health.



Science-backed healthy habit-building

Our collection of **Healthy Habits** provides employees with the right resources to address real health challenges. Through meaningful behaviour changes, members can restore their sense of control and well-being.

Help your employees **overcome** issues like:

- Stress
- Sleep issues
- Physical inactivity
- Low mood
- Aches and pains
- Weight gain



150 min.

of exercise per week
can delay or fully prevent
chronic conditions



30%

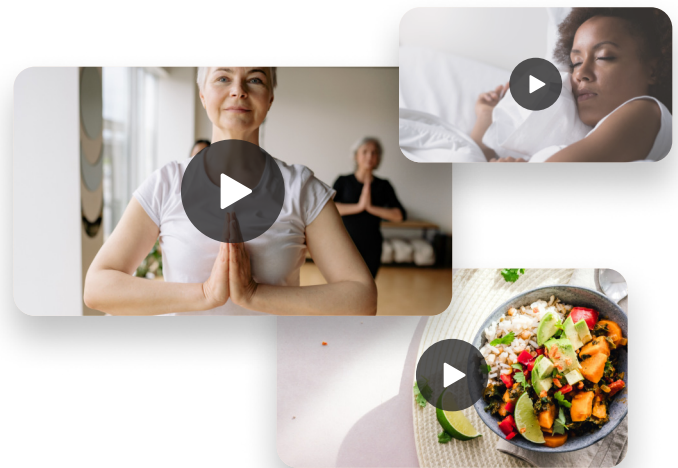
less chance of
depression or anxiety
with recommended
weekly physical activity

Personalized content available 24/7

Well-being videos, audio, and articles – **vett**ed by our clinical team – reduce the guesswork for you and your members on what to do and where to go for help when needed.

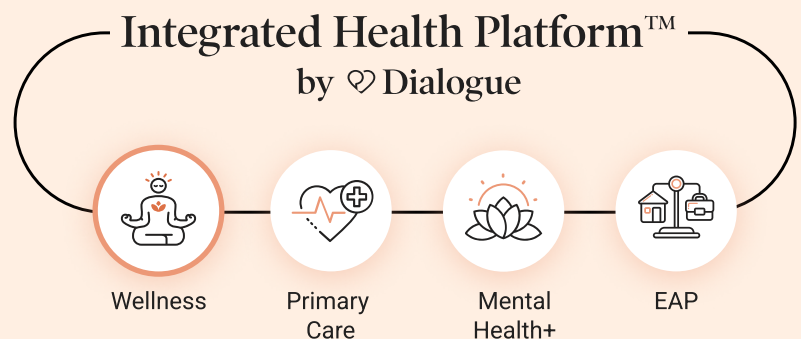
Content is **personalized** to members' usage and interactions.

- Fitness
- Yoga
- Stress
- Nutrition
- Meditation
- Sleep



From prevention to clinical support

When combined with **Primary Care**, **Mental Health+**, and **EAP**, clinicians can recommend content and preventative habits as part of a care plan – enabling members to tackle prevention, diagnosis, and treatment from our **Integrated Health Platform**.



Dialogue's Wellness program is proven to drive real health results through consistent engagement, by adapting to the different well-being needs and starting points of your members.

Contact us to
book a demo today.

Available through
(Click logo to learn more)

