

Bringing holistic wellbeing to store and distribution center team members

GOAL

- To offer a wellbeing resource that was available to the full employee population regardless of health plan status or employee type, with an emphasis on engaging store and distribution center team members in wellbeing.

STRATEGY INITIATIVE

- Grokker led custom targeted communications to certain demographic groups in which they are looking to increase wellbeing engagement to improve health outcomes (based on ethnicity, age, gender or location.)
- Distribution Center segmented challenges.
- Virtual and in-person live Grokker expert events.
 - i.e. The Mind/Body Connection: Supporting your Mental Health through Nutrition with R.D. Sue Mah.
- Quarterly Grokker holistic wellbeing challenge.

“I really enjoyed the videos and exercise options. There is so much to explore, I didn't have time to explore everything I wanted to during the challenge!”

“I liked the large variety and plan to continue to use yoga and exercise videos.”

About Grokker

Grokker transforms employee physical, mental, and financial well-being globally through our visually immersive content. Our inclusive community of experts and personalized guidance is proven to strengthen retention by 68%, triple engagement, and lessen the burden on HR teams.

With Grokker, each member's well-being experience is personalized to help guide them to the lowest acuity, highest impact intervention. Our solution seamlessly integrates with your HR team and provides them with ongoing actionable insights.

Global organizations like Delta Air Lines, Pfizer, Target, and Domino's trust Grokker to support the diverse well-being needs of their teams in over 179 countries. Grokker is dedicated to making holistic health and well-being equitable, engaging, and accessible for all.

[Learn More >](#)

Call Grokker: (408) 876-0802
mail: sales@grokker.com

DISTRIBUTION CENTER CHALLENGE RESULTS

55

different business sites in 26 states participated

42%

of challenge participants were male, which was a targeted demographic

100%

agree that the challenge helped them create healthy habits that they plan to continue

100%

Feel healthier after participating in the challenge

90%

Feel more motivated to continue to improve their health