

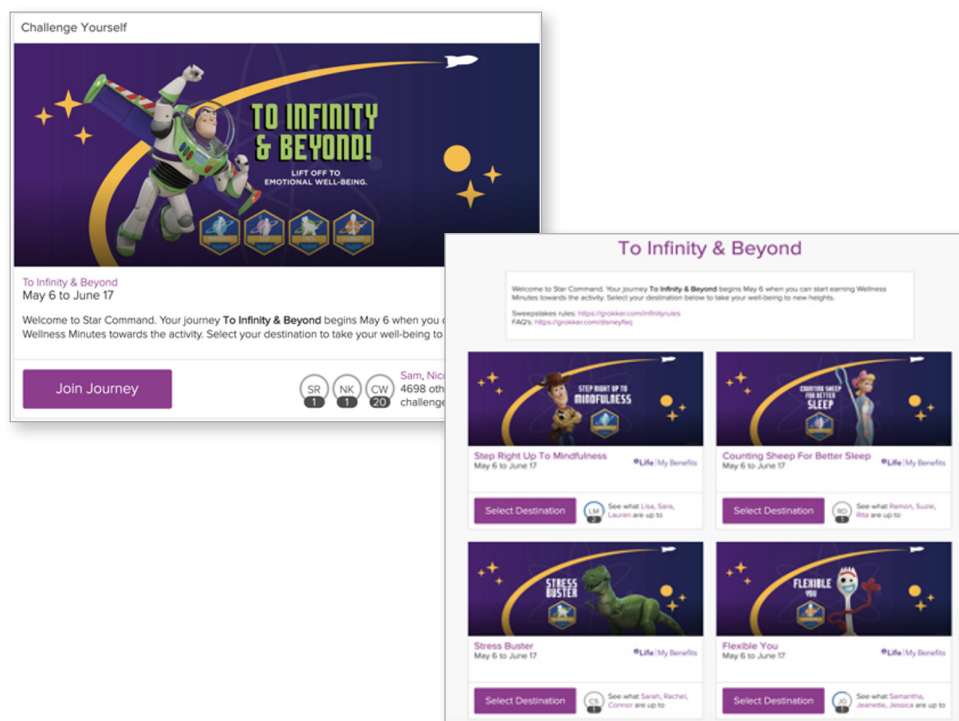
Executive-lead, custom team challenge

GOAL

- Promote stress reduction, sleep improvement and mindfulness to a diverse range of employees and make it fun!
- Eliminate the stigma around mental health.

STRATEGY

- Utilize the Grokker platform by creating a topic based journeys, Step Right Up to Mindfulness, Flexible You, Counting Sheep for Better Sleep, and Stress Busters.



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

RESULTS

4.8X

increase in Grokker activity during the challenge

81%

of employees were motivated to continue to improve their health

75%

of employees created habits that they will continue to use

52%

of participants reported a decrease in stress due to challenge