

# Be Well

We make it easy to run wellbeing programmes that increase staff engagement, expand corporate health, and improve employee mental health

# Who is Terryberry.

A leader in employee engagement for over 100 years.

As a company with over 100 years of history, it's important to us to not rest on our laurels. In fact, rather than falling behind, we use our century of experience to help push us for better - we're dedicated to always looking to the future, while remembering our past.

This means we've been listening to our customers, and we've been paying attention to market changes. This has led us to become a market leader in employee engagement across the globe.

Whether it's a small step toward a big vision or a big step toward a complete solution that transforms engagement, we'll help you accomplish your goals — together.



“

Be Well is GREAT! I'm inspired by friendly competition and have walked/ran more miles in a week than I ever thought possible! I love cheering on people from my office and from across the country (while secretly wishing they would stop moving!)

**Karen Pesznecker**

Senior Talent Acquisition Specialist  
Seminole Hard Rock Hotel & Casino



# Why Employee Wellbeing Matters

## Current Market

The traditional office setup is evolving - simply focusing on weight loss no longer suffices to engage employees or promote holistic healthy habits. This shift has led HR leaders and executives to seek more comprehensive wellbeing strategies.

# 2x

With a recognition-led wellbeing programme, employees are up to 2x as likely to evaluate their lives and futures positively.<sup>1</sup>



Burned out employees are 63% more likely to not show up for work and more than 2x as likely to look elsewhere for a job.<sup>3</sup>



With a recognition-led wellbeing programme, employees are up to 90% less likely to report being burned out at work “always” or “very often.”<sup>2</sup>

# 70%

Nearly 70% of professionals feel their employers are not doing enough to prevent or alleviate burnout within their organisation.<sup>4</sup>



42% of employees have left their roles due to burnout and stress.<sup>5</sup>

# #1

The top driver of burnout cited in one survey was the lack of support or recognition from leadership.<sup>6</sup>





# Wellbeing all in **One Place**

Transform Employee Engagement with One Powerful Platform

Our all-in-one platform helps groups and their members develop healthy habits for their bodies and minds.

- ✓ **For HR Teams** – Streamline programme administration
- ✓ **For Employees** – Achieve higher engagement & participation levels
- ✓ **For CXOs** – Measure employee engagement as part of the programme





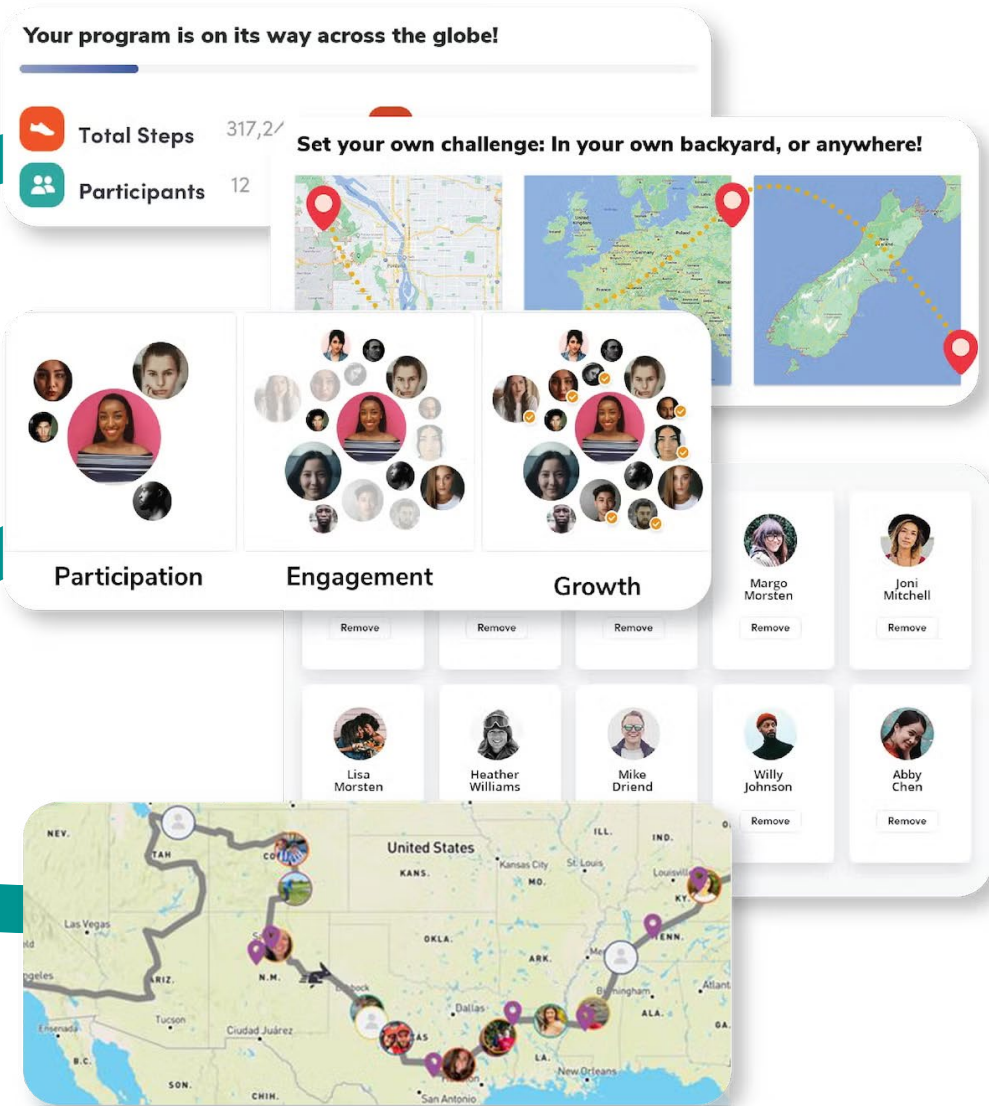
# Step and Activity Challenges

## Movement for Every Body

We know that every company has a range of people - from wellbeing novices to fitness fanatics - which is why Be Well emphasises inclusivity. With features like our activity converter, employees are free to move however works for them.

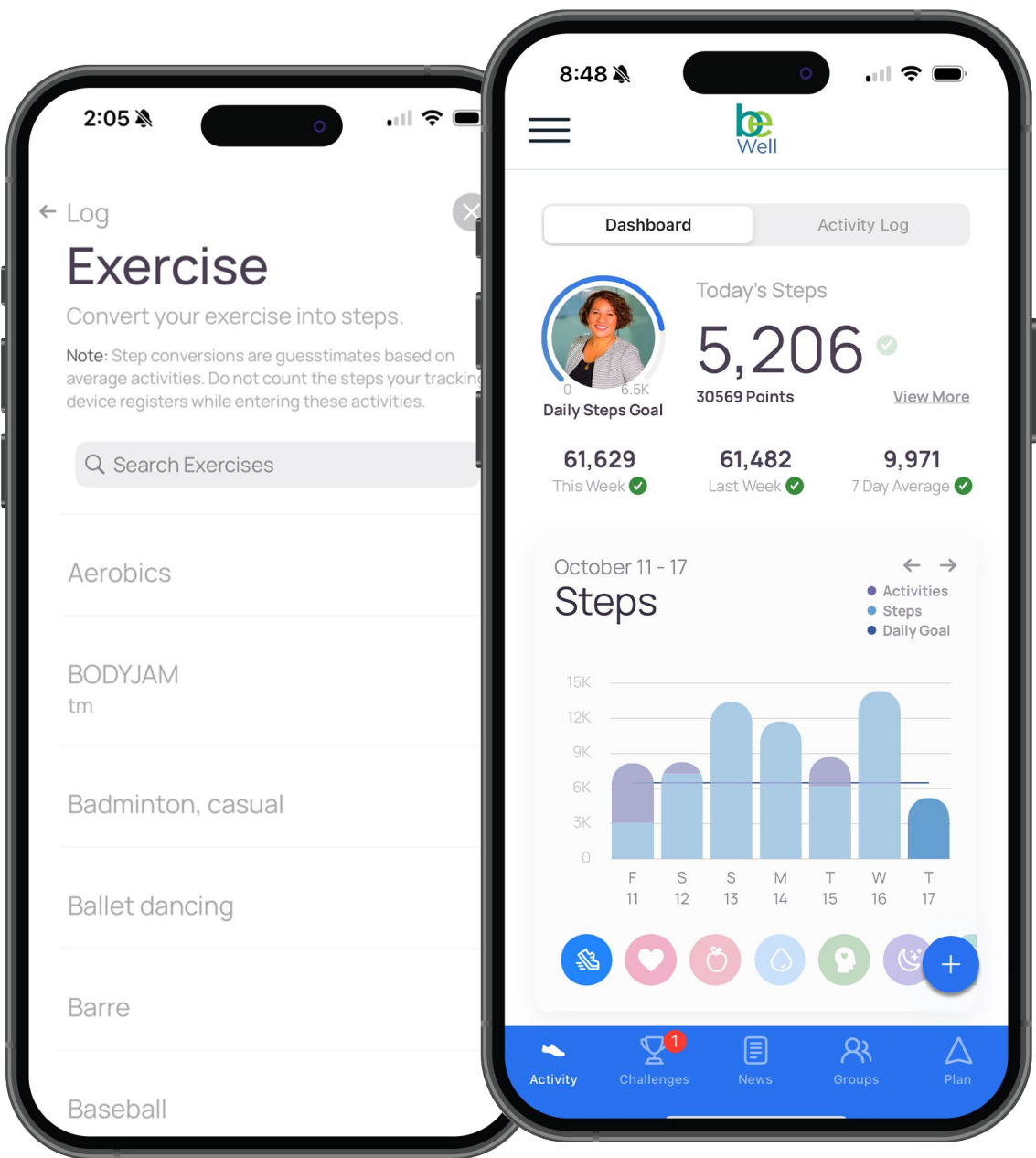
### Map Challenges

Travel the globe with our unique and engaging map-based challenges. Interact with fellow participants through leader boards that also track progress.



### Activity Converter

We developed an easy-to-use activity converter that allows users to move how they choose, making wellbeing accessible for all ability levels, body types, and interests.



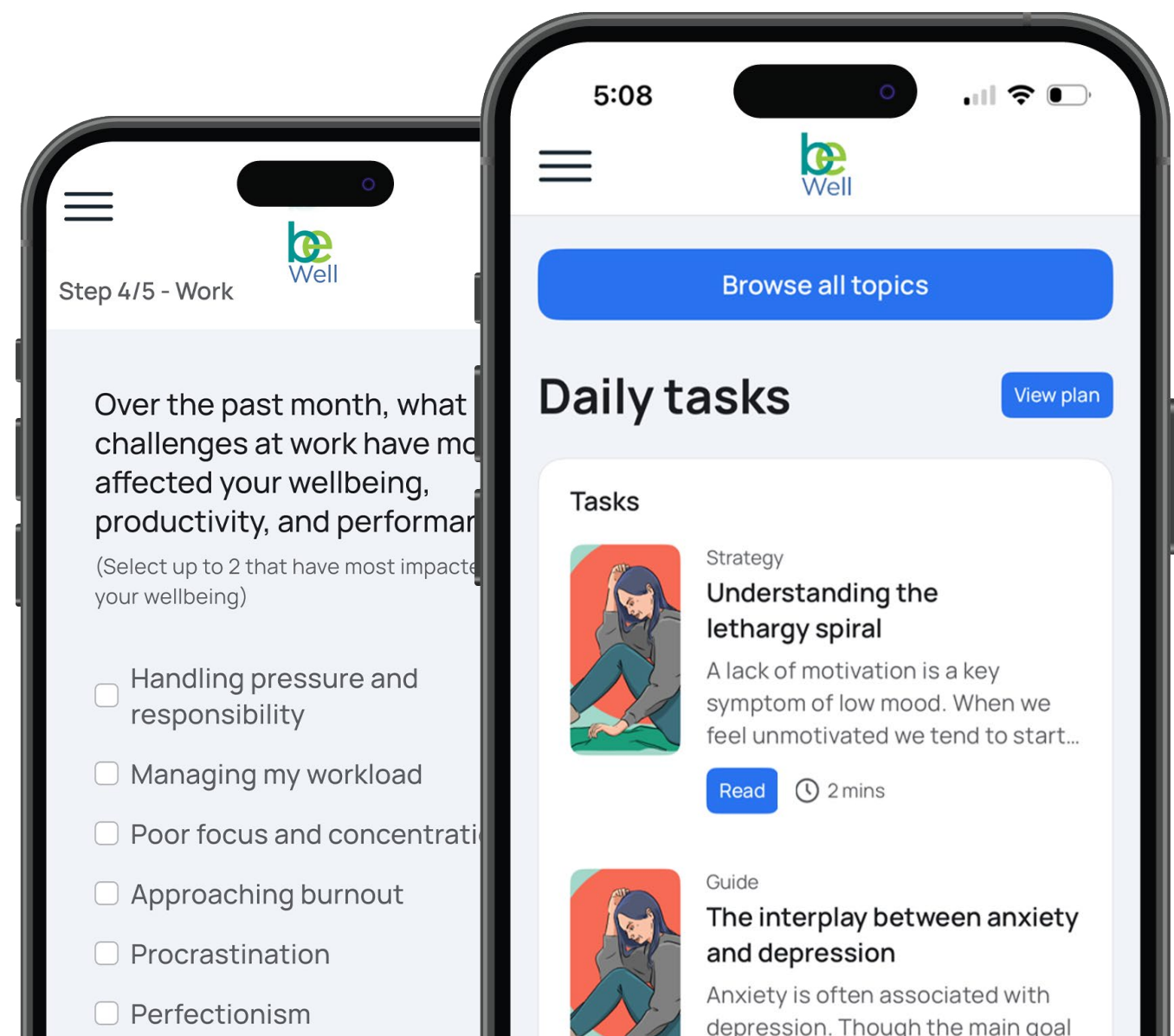
# Mental Wellbeing at Work

Build Personalised Wellbeing Plans for Your Team's Unique Challenges

Be Well offers personalised wellbeing plans that support both physical and mental wellbeing. Whether it's stress, anxiety, or a struggle with focus, participants get to tailor their plans specifically to their challenge

## Personalized Approach

Create a personalised mental wellbeing plan and receive a daily strategy based on employee needs.



## Expert-Led Training

We deliver expert-led online training to help improve and sustain the mental wellbeing of you and your team, and we back it up with our support team to help with even the toughest challenges.

Support employees' mental wellbeing by accessing our library of 150+ expert audio guides across 40+ mental health topics.

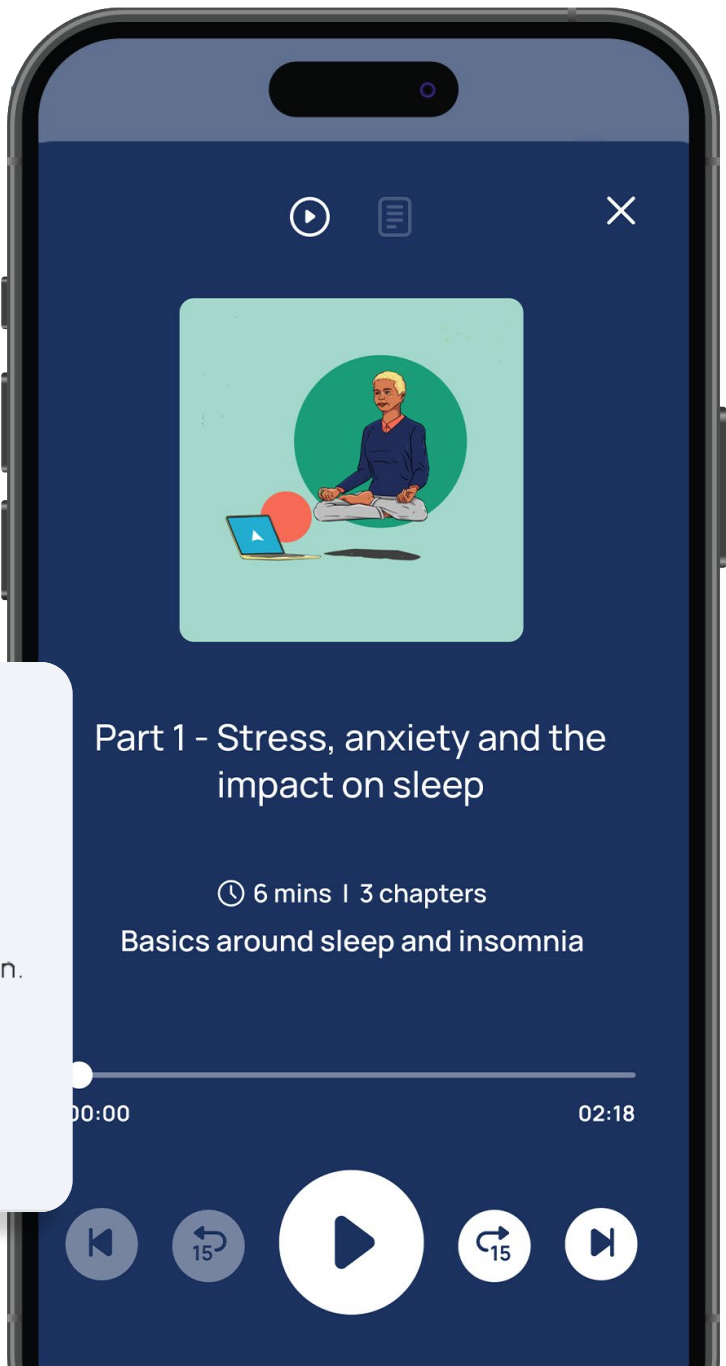
Holistic approach to managing insomnia

### Part 1 - Stress, anxiety and the impact on sleep

6 mins | 3 chapters

Anxiety is often associated with depression.

Though the main goal of this app is to help you learn to recognize and manage your stress and anxiety, it's also important to be aware of the symptoms of depression so that you can access the appropriate support if you need it.





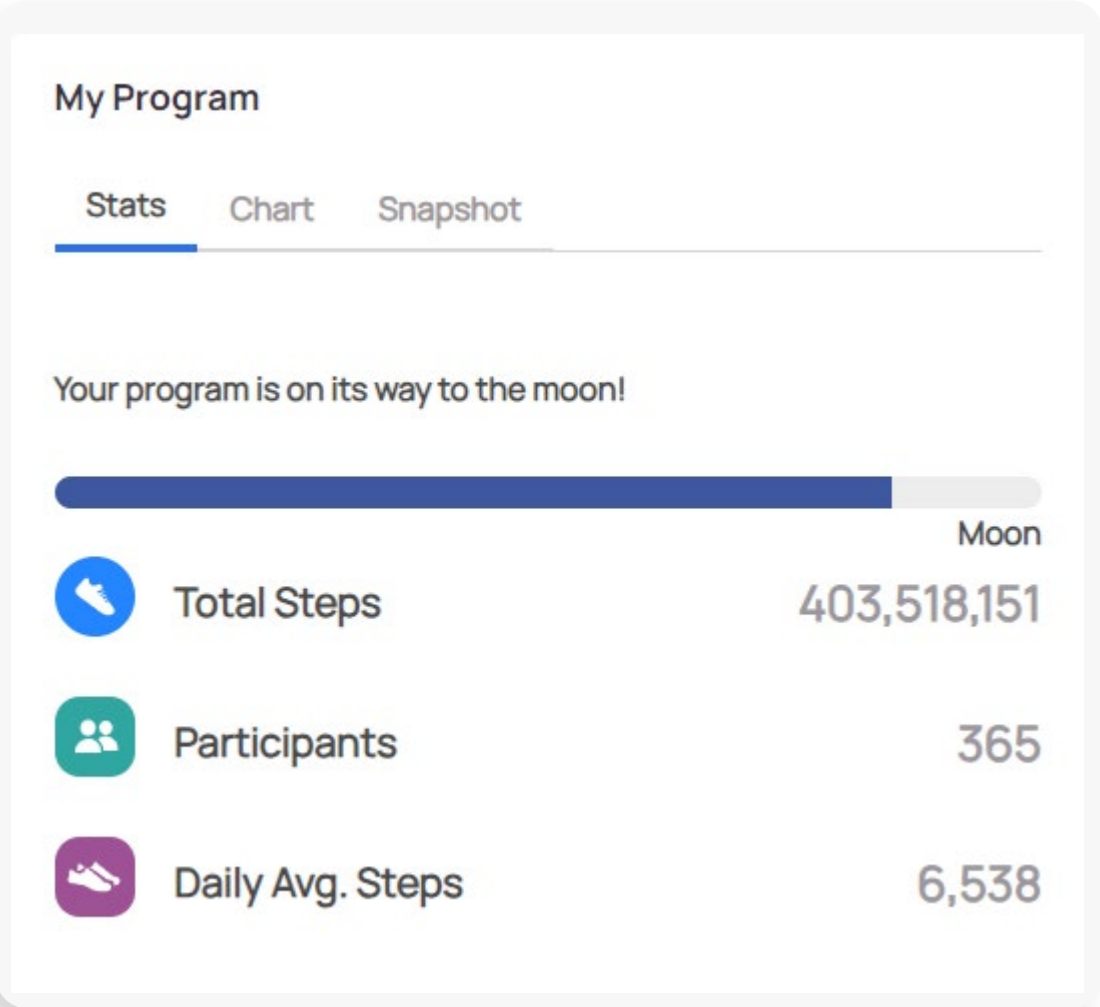
# Programme Analytics & Reporting

User-Friendly Reporting that Shows Real Impact and Actionable Insights.

Ensure your wellbeing programme is driving the results you intended with our in-depth reporting and analytics.

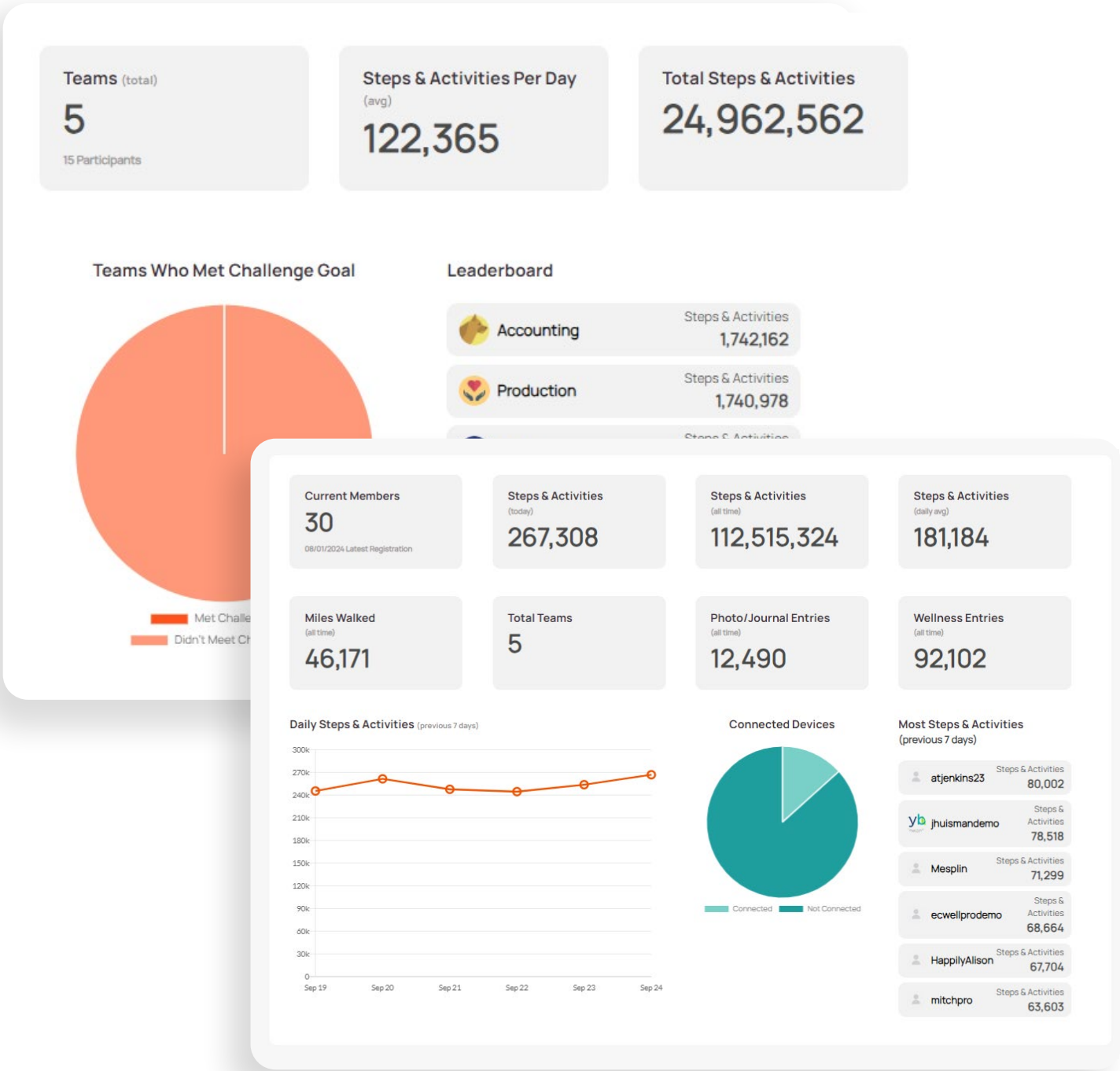
## Reporting

Simplified on-demand reporting tools make it easy to track participation and monitor progress, providing clear insights into employee engagement.



## Filtering

Dive deeper by easily filtering reports by date range or specific challenge.



Current Members

30

08/01/2024 Latest Registration

Steps & Activities (today)

267,308

Steps & Activities (all time)

112,515,324

Steps & Activities (daily avg)

181,184

Miles Walked (all time)

46,171

Total Teams

5

Photo/Journal Entries (all time)

12,490

Wellness Entries (all time)

92,102

Daily Steps & Activities (previous 7 days)

Connected Devices

Connected

Not Connected

Most Steps & Activities (previous 7 days)

atjenkins23

Steps & Activities

80,002

jhuismandemo

Steps & Activities

78,518

Mesplin

Steps & Activities

71,299

ecwellprodemo

Steps &amp; Activities

68,664

HappilyAlison

Steps &amp; Activities

67,704

mitchpro

Steps &amp; Activities

63,603

Plus, reports are simple to download into a common format, like Excel!

# Employee Reward Platform

Give Employees What They Truly Want

Amplify your wellbeing programme with Terryberry's reward platform. Employees can redeem points awarded to them for winning challenges, participation, or even best team name.

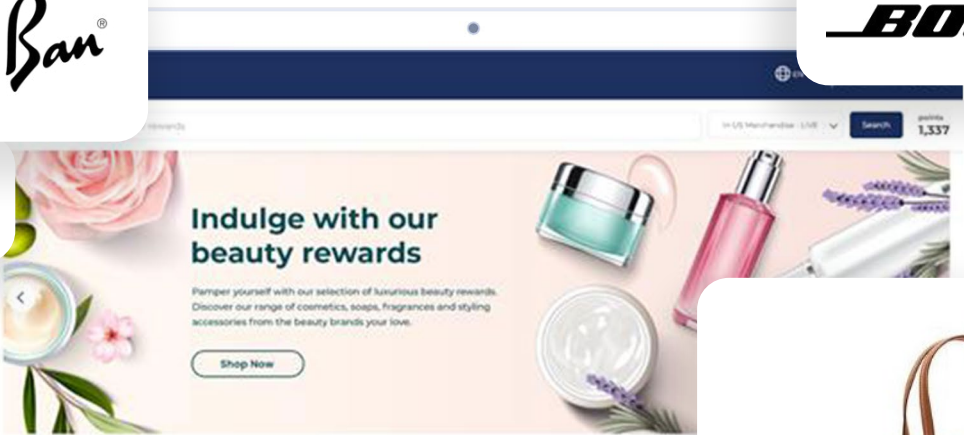
## Merchandise

Use points just like online shopping and browse your favorite brands. Plus, with international fulfillment, organisations around the globe never have to miss out.

Ray-Ban

GUCCI

BOSE



1,770 points

Add to Cart

## Experiences

Change it up! Redeem points for something you'll never forget like local events, concerts, or once-in-a-lifetime experiences.

## Charitable Giving

Prefer to help others in need? No problem. Donate your points for cash towards your favorite charity - all within the reward platform.

Schedule a Demo





# Customer **Support & Success**

The best part of Terryberry has always been our customers.

At Terryberry, we know that we wouldn't be here without our clients. That's why we're proud to have the best customer support on the market. From tech issues to programme development - with Terryberry, you're never left on your own.

## Implementation Team

Our implementation team makes setup a breeze. Our streamlined process gets your programme up and running without the headache. Because our team works closely with you throughout the implementation process, you're sure to know and love your programme, inside and out.



## Dedicated Customer Success Team

Our team is here to help you not only maintain your programme, but improve strategy and grow performance. To do this, we assign each Terryberry customer their own dedicated success team. This team is always ready to help with questions, orders, or technical support and ensure your programme is achieving everything you hoped it would.



Be Well motivated me to get 10,000 steps in every day through healthy competition with fellow employees - love that you can chat with your team throughout the app and see how many steps everyone got for the day.

**Courtney Whidden**  
Moda Health





# Sync With **All Of Your Devices**

Multiple Integrations for a Seamless User Experience

Be Well integrates with countless apps, wearables, and online platforms for tracking and engagement. Whether your company provides devices or it's bring-your-own, we've got you covered.



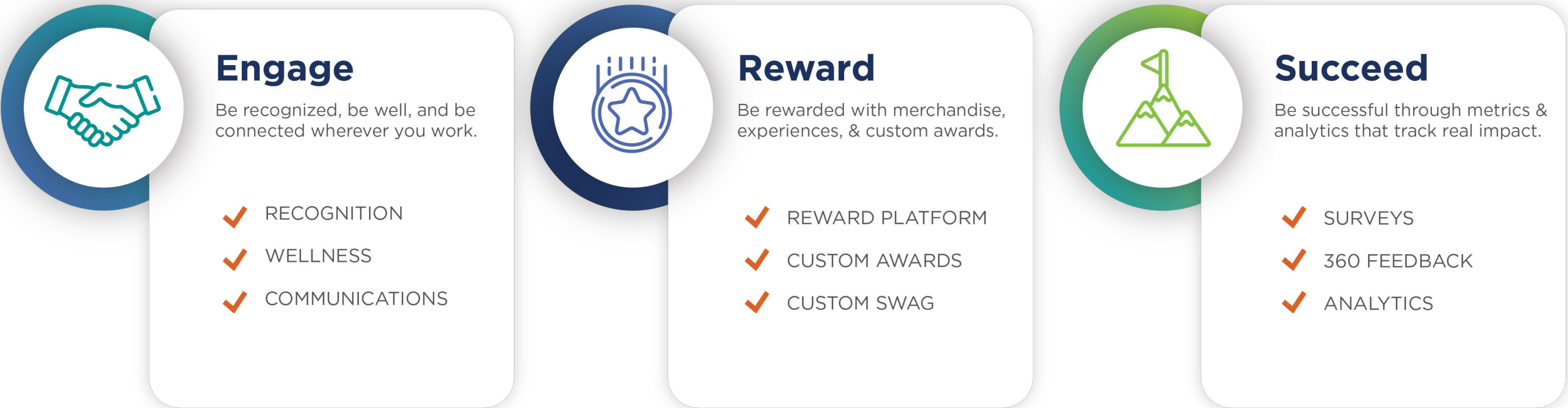


# The Only **End-to-End** Solution

Transform Employee Engagement with One Powerful Platform

You don't make it 100 years in the employee engagement business by chance. In fact, we pride ourselves in our ability to continually listen, adapt, and evolve.

Because of this, we now offer employee surveys, recognition, and wellbeing solutions all under one platform - so you can transform employee engagement at your company and create a culture people won't want to leave.



Schedule a demo today to learn more about all of Terryberry's employee engagement solutions.

[Schedule a Demo](#)





## Schedule a demo of **Be Well.**

Grow or consolidate your engagement platforms all into one with Terryberry's one powerful platform.

[Schedule a Demo](#)

terryberry  
Engage · Reward · Succeed