

# Sprout At Work™



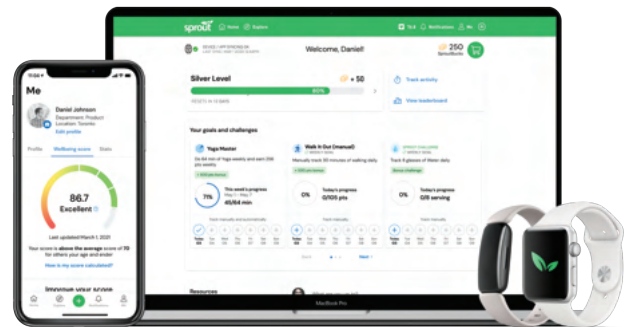
Educate. Engage. Inspire.

Sprout At Work is the industry-leading workplace wellness platform empowering employers to embrace wellbeing to improve the health and happiness of every employee while driving measurable business results.

**Clients love us! Our 97% retention rate is based on our outstanding service and exceptional user experiences.**

Powered by data science, backed by 25 years of academic research, and built on the Sprout Health Engine™, Sprout At Work provides your business with a central workplace wellness hub. Designed using cognitive behavioural science, game theory and behavioural economics, Sprout At Work uses the COM-B behaviour change model to improve employee engagement, loyalty, and productivity while showing your employees that you care about their overall health and wellbeing.

- Connect with your employees to share personalized, meaningful, and actionable communications
- Enhance company culture with Sprout's social stream, gamified goals & challenges and communities
- Drive real behavioural change through gamification and integrated rewards
- Gain real-time health insights to measure success and understand your employee needs



A healthy workforce drives better business results. That's why Sprout developed a full-service solution designed to engage and energize your employees by identifying, motivating and rewarding health behaviours. With Sprout At Work, you can understand your employee population health to start future-proofing your workforce today.

How Sprout At Work is improving lives:

**52%**

Sprout users reduce their risk of developing type II diabetes by 52%.

**27%**

Sprout users take 27% more steps than North Americans of the same age and gender.

**25%**

Sprout users reduce their risk of developing cardiovascular disease by 25%.

**"Partnering with Sprout At Work has made our wellness program so much easier to manage. Sprout offers many creative ideas for activities and monthly challenges, so as a result, our wellness program engagement rates have doubled."**

-Jennifer Ham,  
CHRO, Knowledge Services

Your employees are the foundation of your business. With Sprout At Work's holistic and easy-to-use workplace wellness solution, your business is ready to build a performance-driven culture