



# ALL-IN-ONE EMPLOYEE WELLNESS SOLUTION







## ABOUT Cyno

Cyno is an **Employee wellness platform** that offers solutions for all the aspects of employee wellness that typical corporate benefits do not cover.

Our health is impacted by many different factors. By addressing your emotional, mental, physical, and spiritual needs, Cyno's holistic approach to wellness looks at you as a **whole**.

## INDIVIDUAL EMPLOYEE CREDITS

Traditional corporate benefits are the same for every employee and not nearly enough attention is paid to the **individual**.

Cyno gives your people the ability to use their personal credits toward any type of one-on-one support they need throughout the year.

### Counselling/ Therapy



### Alternative Therapy



### Life & Performance Coaching



### Meditation



### Language & Arts



### Staying Active



### Staying Social



### Financial Support



### Nutrition

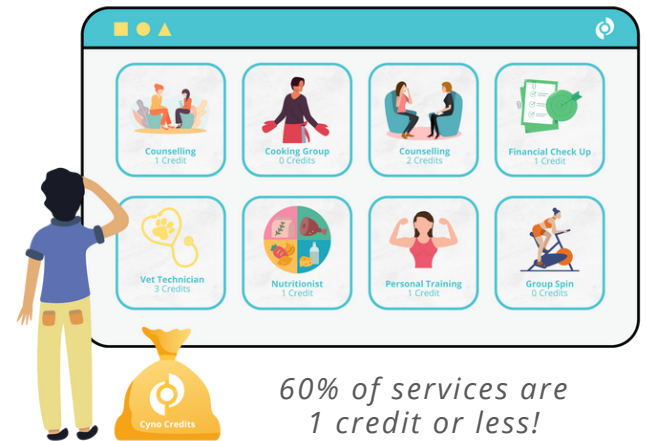


### Peer Support



# CREDIT SYSTEM

Give every employee the power to **build their own wellness plan**. Freedom to pick the services, the times and the providers that fit best for them. If they use all their credits but still need some extra support, they can purchase services through their membership for below market rates.



# UNLIMITED GROUP & ON-DEMAND

## Wellness Coaching



## Art Classes



## Social Events



## Meditation



## Language Classes



## Yoga



## Boxing



## Pilates



## Cooking Classes



## and More!



\*For purchase by company

# ON-DEMAND TRAINING

**Professional development training to help your team excel!**

- Mental Health First Aid
- DEI Training
- Communication Training
- Change Management Training
- Conflict Management Training
- And More!

# WELLNESS WORKSHOPS

- Custom 30-60 min lunch & learns, activities, or info-sessions from any of our providers. Let us know what you're looking for!



Mental Health



Physical Health



Nutrition



Personal Development



Professional Development



Financial Wellness



Workplace Safety

## SOME OF OUR HAPPY CLIENTS:



clearly



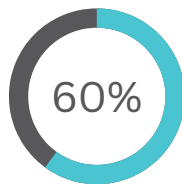
ACUITY  
INSIGHTS



## WHAT YOU CAN EXPECT

We took stats directly from clients of ours around your size to show the type of usage you can expect.

First 3  
Months



Will Use  
Cyno  
you can

[Click for client case study](#)

“It is still early days, but based on our wellness surveys, our scores for how employees are feeling are already increasing. It has alleviated all the time that the HR department had been spending researching providers and setting up schedules.”

- Lisa Robb, Director, Talent & Culture, LLSC

## THE IMPACT WE CAN HAVE

First 6  
Months



Over 300  
1-on-1  
bookings

[Click for client case study](#)

“Just on a human level, we are often struck by how much the Cyno memberships means to our team members. We hear their stories and how Cyno has helped them in immeasurable ways. It truly means the world to us to be able to provide (in some cases) pretty life-changing care.”

- Kari Bell, Senior Manager People & Culture, Acuity Insights