

THE GROKKER VISION

Advancing the personal pursuit of physical, emotional, and spiritual wellbeing

Grokker is designed to delight and inspire, regardless of your skill level, abilities, and goals. With over 4,000 on-demand wellbeing videos and a consumer-centric user experience, we make it fun and easy to move more, eat better, improve your sleep, support your emotional health, and manage financial stress.



Exercise



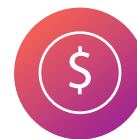
Mental Health



Sleep



Nutrition



Financial well-being

Available anywhere, anytime. We deliver an exceptional experience on every device.



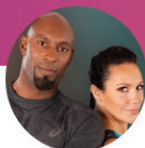
Stunning 4K video. Grokker's patented HD video programs are fully contextual and personalized, taking into account each individual's physical health, mental/emotional health, and social connectedness to deliver content that's a perfect fit.

Inspiration and perspiration on-demand. Upbeat, easy-to-follow, and motivating, our credentialed health and wellbeing experts from around the world deliver guidance, advice, and inspiration. Including...



Sue Mah

Registered dietitian,
nutrition entrepreneur &
media coach



Pace and Go

Health, fitness &
rehabilitation
instructors.



Manisha Thakor
MBA, CFA, CFP®

Personal finance expert
& author



**Catherine
Wikholm**

Clinical psychologist,
author, & speaker



**Angelo Dela
Cruz**

Health advancement
advisor

Clear instruction, achievable results. From activity duration to recommended schedules, our programs provide users with a start-to-finish plan to achieve their health and wellbeing goals. All you have to do is enter when you want to start and how long you want the program to last. Grokker does the rest, automatically adding the chosen program to your calendar and sending reminders with direct links to that day's episode.

4000+ videos. 100+ programs.



Grokker for Consumers provides the widest variety of at-home workouts and wellbeing. It's like having a personal trainer in your living room. Whether you have an hour or just a few minutes, Grokker has what you need to feel happy and healthy every day.

Grokker for the Enterprise delivers personalized, integrated wellbeing to global workforces. We meet employees where they are with personalized programs integrating all 5 dimensions of wellbeing with the support of an active community. As a result of feeling valued and cared for, employees are more loyal, less likely to miss work, and perform better for improved corporate culture with less turnover, higher productivity, and enhanced recruiting and retention efforts.

About Grokker

Grokker is the award-winning video wellbeing solution that meets employees where they are with personalized programs customized for their interests, abilities and goals. Integrating all five dimensions of wellbeing — fitness, mental health, sleep, nutrition and financial wellness — Grokker helps employees feel and perform their best. Available anytime, anywhere, on any device, Grokker empowers employees to address their needs with consumer-grade HD video content delivered by credentialed experts and supported by an active user community.

Trusted by industry leaders including Pinterest, eBay and Aetna, Grokker offers a contemporary, affordable approach to building happier, healthier and more productive workforces. Learn more at www.grokker.com.

