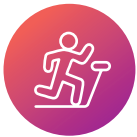


**GROKKER FOR SMALL AND MIDSIZED BUSINESSES**

# Video wellbeing for the modern workforce

**Subscription-based solutions for up to 5,000 individuals.** Whether you're launching a new wellbeing initiative, augmenting an existing platform with engaging content, or replacing multiple point solutions, Grokker makes it easy for you to connect employees and engage them in their health and wellbeing. Our holistic wellbeing solution meets employees where they are with personalized, on-demand programs integrating all 5 dimensions of wellbeing — fitness, mental health, sleep, nutrition, and financial wellbeing — along with the support of an active user community.



Exercise



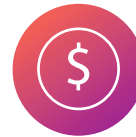
Mental Health



Sleep



Nutrition



Financial well-being

**Something for everyone.** Employees can access personalized programs that address their specific health and wellness needs — regardless of their skill level, abilities, and goals. Our 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.

**4000+ videos. 100+ programs.**



**Available anywhere, anytime.**

Employees can access Grokker's content and community on-demand from any connected computer, device, or streaming service. With the ability to engage around-the-clock from virtually anywhere — at home, in the office, or while traveling — users' wellbeing routines won't skip a beat.



**Built for engagement.** Grokker sparks and sustains ongoing activity and enthusiasm with elements of gamification, such as streaks, levels, badges, and challenges to create a sense of personal achievement and encourage friendly competition. Plus, integration with wearable devices makes it easy to incorporate off-app activity.

**Supportive Community.** Employees enjoy camaraderie and encouragement from peers and over 130 subject-matter health experts and instructors in Grokker's digital user community, where they can share their successes, seek advice, engage in Q&A, and view a real-time social activity feed. Visibility settings let each employee be as private or as public as they want to be, with the option to opt out completely.

**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.

**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

### **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 makes it easy and fun for employees around the world to increase their health and happiness 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](http://www.grokker.com).

