



# A complete solution for employee well-being

Healthier & Happier.



# About 24alife

24alife is a comprehensive solution to guide individuals toward their well-being goals, regardless of their lifestyle or circumstances. It provides the opportunity for every individual to attain a healthier and happier life through lifestyle improvements.

24alife is a reliable partner for WHP, employee well-being solution and preventive health and lifestyle platform.

**24alife is co-owned by Mayo Clinic.**



## Mikropis Global Headquarters

Zalec, Slovenia

## USA

Rochester, Minnesota

## Europe

Belgrade, Serbia

Brcko, BiH

Dusseldorf, Germany

Ljubljana, Slovenia

Split, Croatia

## Middle East

Dubai, UAE

## Asia

New Delhi, India

Shanghai, China

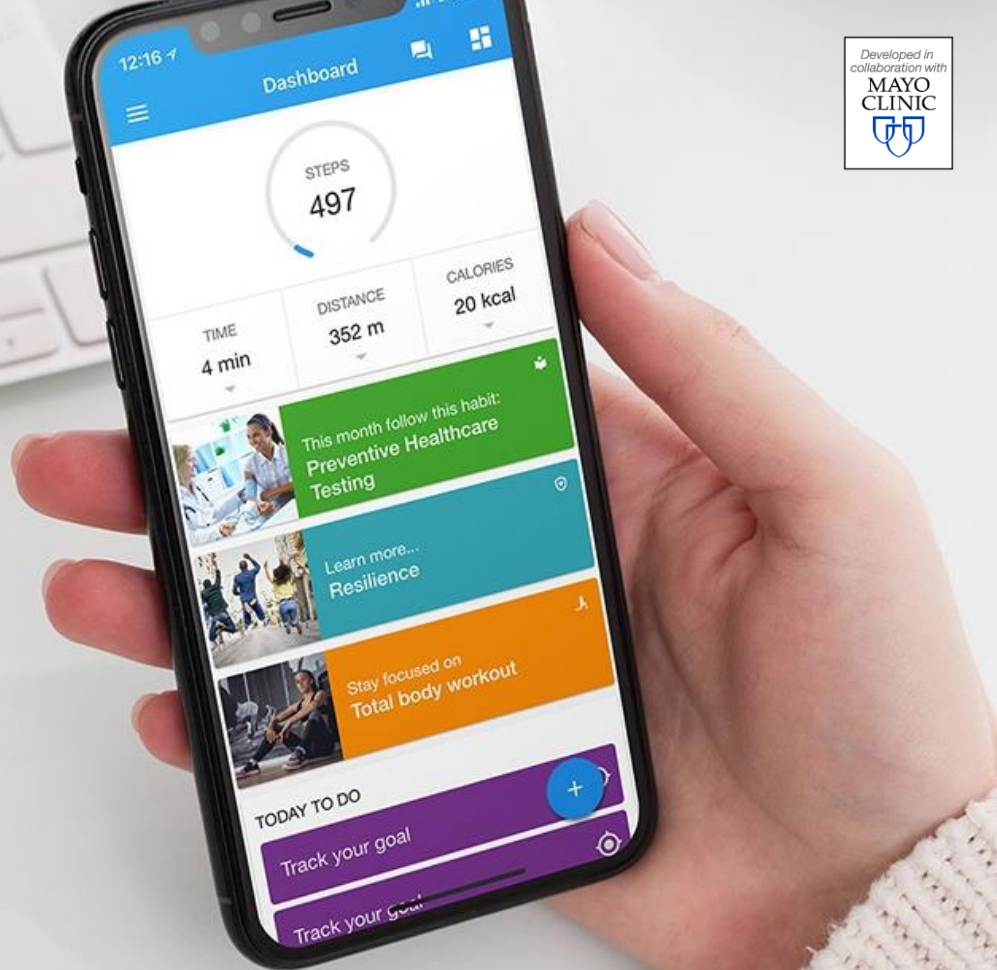
# Partnership with Mayo Clinic

Long-term strategic partnership has been established to leverage 24alife development capability with existing model and offerings with the Mayo Clinic's extensive database of health and well-being knowledge. Mayo Clinic is using 24alife solutions for their wellbeing program in all Mayo Clinic locations; for employees and emeritus.



# Personal well-being assistant

24alife guides individuals toward their well-being goals, regardless of lifestyle or circumstance. Each customized well-being program provides education, activities, and motivation to achieve a healthier and happier life. Combines the knowledge of exercise science, nutrition, psychology and medicine.



# Challenges of modern lifestyle

- Malnutrition & Unhealthy diet
- Smoking
- Alcohol consumption
- Stress
- Lack of sleep
- Sedentary lifestyle



- Cardiovascular disease
- Diabetes
- Cancer
- Depression, anxiety
- Chronic respiratory disease
- Liver disease

# Goals

Lower sick-leave/ absenteeism

Lower presenteeism

Lower fluctuation/ turnovers

Lower health costs

Higher productivity

Higher loyalty

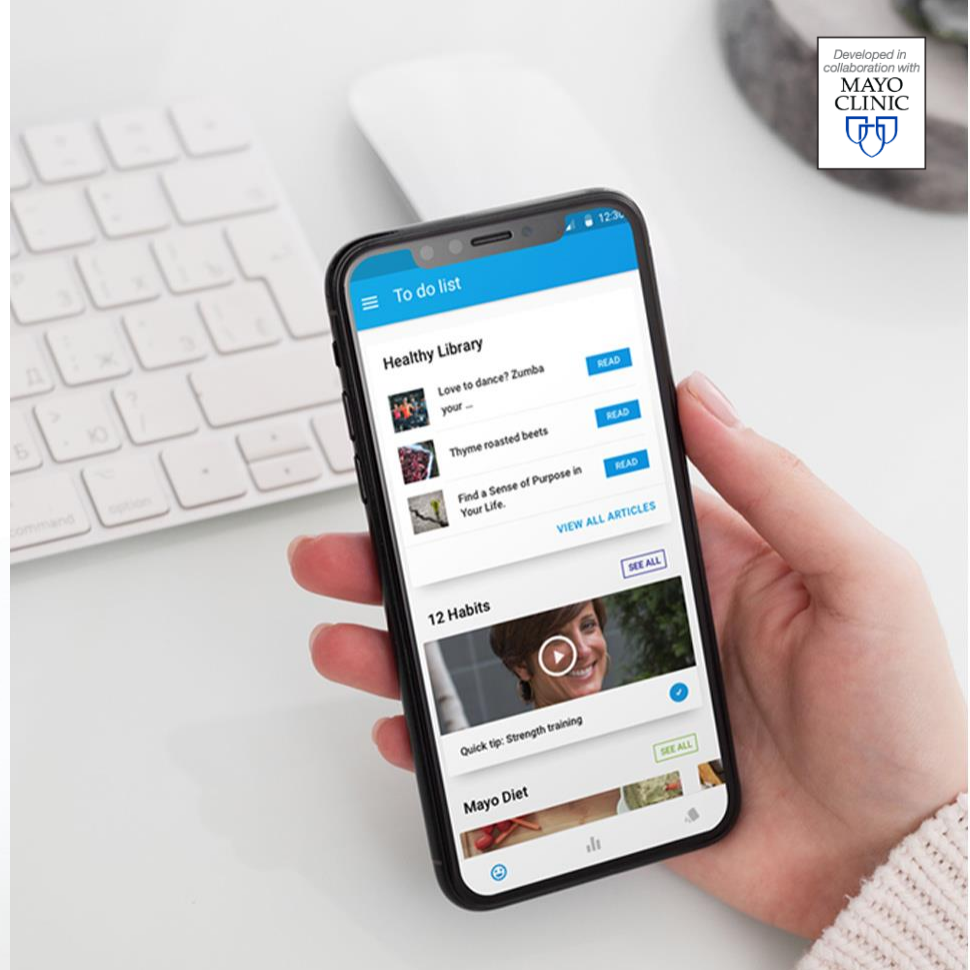
Better corporate image

Optimization of Human Resources workflow



# Introducing personal well-being assistant and back-end platform

Combining the knowledge of exercise science, nutrition, psychology and healthcare.



# Track, measure & monitor

- Set goals and objectives
- Collect information to keep track of progress
- Track what has been achieved



# Analysis

Understanding the situation and needs of employees is vital in order to customize the steps to promote wellbeing at work. It enables us to focus on important issues and serves as a measuring system.

Health  
score

Happiness  
assessment

Job  
satisfaction

Stress  
profile

Burnout



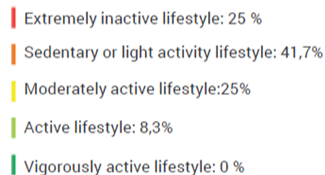
Life satisfaction



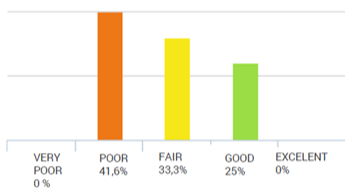
# Analysis

Every analysis is standardized, valid and reliable.  
 Tests, questionnaires are based on scientific theories of feature measurements.  
 Interpretation of the results.

Lifestyle



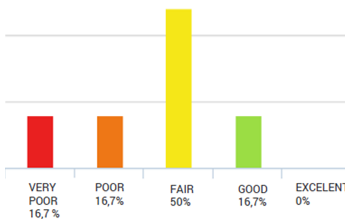
Flexibility



Body structure - % body fat



Endurance



# Implementing Mayo Clinic knowledge

- 12 Habits of Highly Healthy People
- The Resilient Mind
- Mayo Clinic Diet
- Sports trainings
- Anti - stress
- Low back pain prevention
- Challenges

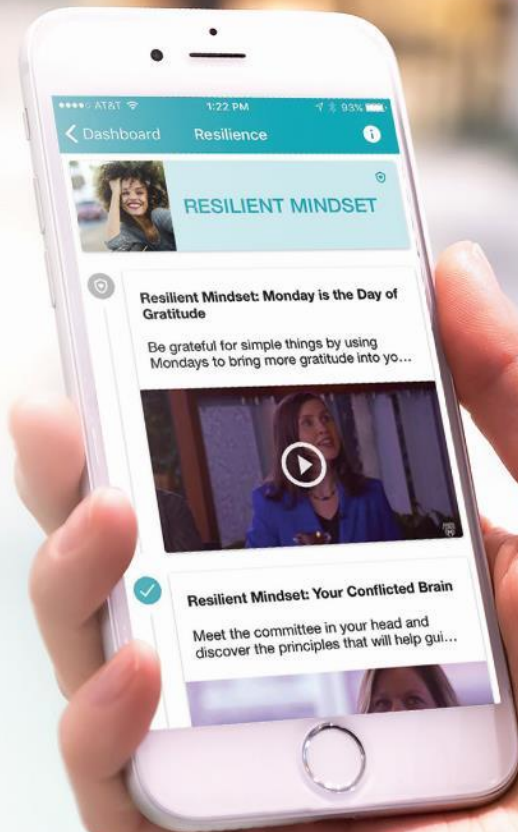


# Mayo Clinic Healthy Living Resilient mind

[Developed by dr. Amit Sood, Mayo Clinic]

# App and web portal based program

- Videos and lectures
- Relaxations and mindfulness
- Tips and tactics
- Quizzes
- Questionnaires
- Mental exercises
- Certificate





# Train phase

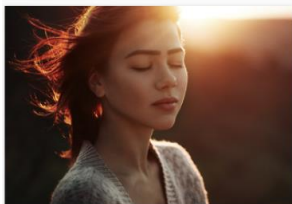
# Sustain phase



Module 1  
**Gratitude**



Module 2  
**Mindful presence**



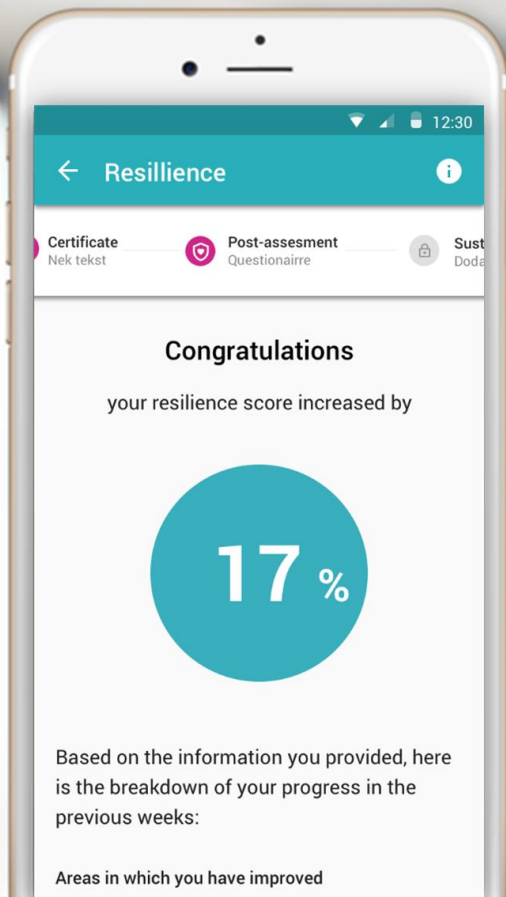
Module 3  
**Kindness**



Module 4  
**Resilient mindset**



**Maintain**  
what you have learned



# The story of 12 habits of highly healthy people

[Developed by dr. Kerry Olsen, Mayo Clinic]





Habit 1  
**Physical Activity**



Habit 2  
**Forgiveness**



Habit 3  
**Preventive  
Healthcare Testing**



Habit 4  
**Portion  
Sizes**



Habit 5  
**Adequate  
Sleep**



Habit 6  
**Try Something  
New**



Habit 7  
**Strength  
& Flexibility**



Habit 8  
**Laugh**



Habit 9  
**Family and  
Friends**



Habit 10  
**Address Addictive  
Behaviors**



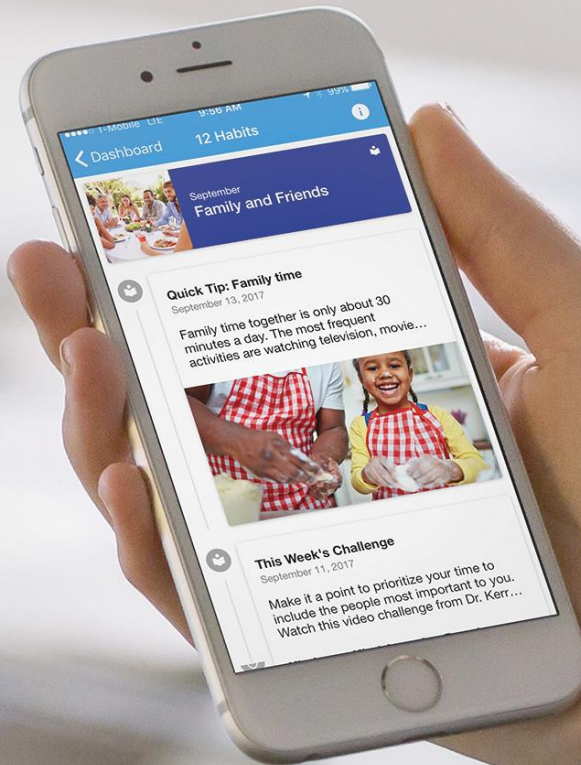
Habit 11  
**Quiet Your  
Mind**



Habit 12  
**Gratitude**

# 12 Habits of Highly Healthy People

- Short expert advices
- Videos
- Challenges
- Expert insights
- Personal stories
- Tips and tactics







# TAKE THE STAIRS

for a healthier you.

## Habit 4: Preventive Health Care Testing

Be proactive about your health. Connect with your health care provider to talk about preventive screenings you should consider.



Prevention is the best way to protect your health.  
Connect with your health care provider to talk about preventive screenings you should consider.

### Habit 4: Portion Sizes

**Goal**

Increase the portion size of healthy foods and decrease your portion size of high-calorie foods.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To increase your portion size, consider the amount of food you eat and the size of your plate. Try to eat more of the healthy foods and less of the high-calorie foods.

- Measure out a serving instead of eating directly from the box or bag.
- Fill up plates away from the table.
- Share or divide up food with your family.
- Use pre-portioned single servings.

24alife 12 Weeks

### Habit 5: Adequate Sleep

**Goal**

Make sleep a priority and aim for the recommended 7-8 hours of sleep each day.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To increase your sleep, consider the amount of sleep you get and the quality of your sleep. Try to go to bed and wake up at the same time each day.

- Stick to a regular time for going to bed and waking up.
- Use relaxation techniques to help you fall asleep.
- Avoid caffeine and alcohol before bed.
- Use a white noise machine or fan to help you sleep.
- Use a sleep mask or earplugs.

24alife 12 Weeks

### Habit 6: Try Something New

**Goal**

Commit to trying something new each month - challenge your mind and body.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To try something new, consider the amount of time you spend on new activities and the quality of the activities. Try to spend at least 30 minutes each day on a new activity.

- Take time to think about what is important to you.
- Challenge your mind or body with something new.
- Find a volunteer activity that uses your talents.

24alife 12 Weeks

### Habit 7: Strength and Flexibility

**Goal**

Try to incorporate an aspect of strength and/or flexibility to your workouts each week.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To incorporate strength and flexibility, consider the amount of time you spend on these activities and the quality of the activities. Try to spend at least 30 minutes each day on a new activity.

- Stretch whenever you can, while watching TV or working in line, and before bed.
- Try yoga, Pilates or tai chi to enhance flexibility and mindfulness.

24alife 12 Weeks

### Habit 8: Laugh

**Goal**

Take 5-10 minutes each day to laugh and feel happy with a friend.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To laugh more, consider the amount of time you spend laughing and the quality of the laughter. Try to laugh for at least 5 minutes each day.

- Share a joke and a smile.
- Find a person who brings you joy and laughter.
- Listen to a comedian.
- Try laughter yoga.

24alife 12 Weeks

### Habit 9: Family and Friends

**Goal**

Spent your time on those people who inspire, uplift and support you.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To spend more time with family and friends, consider the amount of time you spend with them and the quality of the time. Try to spend at least 30 minutes each day with family or friends.

- Be active together - whether it's going for a walk, meeting up at a park or spending time outdoors.
- Laughing, spending quality time together without any distractions.
- Prepare and enjoy meals together. Make it fun!

24alife 12 Weeks

### Habit 10: Address Addictive Behaviors

**Goal**

Address your own addictive behaviors.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To address addictive behaviors, consider the amount of time you spend on these behaviors and the quality of the behaviors. Try to spend at least 30 minutes each day on a new activity.

- Reach out to family, friends, your health care provider or a support group to help you address your addictive behavior. Seeking changes is a sign of strength.

24alife 12 Weeks

### Habit 11: Quiet Your Mind

**Goal**

Allow your mind to quiet down for 10 minutes each day.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To quiet your mind, consider the amount of time you spend on quiet activities and the quality of the activities. Try to spend at least 10 minutes each day on a new activity.

- Seek silence by doing nothing for 5 minutes a few times each day.
- Focus your attention on your breath or on a single breath or on one word.

24alife 12 Weeks

### Habit 12: Gratitude

**Goal**

Reflect on your blessings each day.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To reflect on your blessings, consider the amount of time you spend on gratitude activities and the quality of the activities. Try to spend at least 5 minutes each day on a new activity.

- Start your day by thinking of things you are grateful for.
- Keep a journal or notebook where you write down things you are grateful for.
- Share your gratitude with family or friends.
- Practice gratitude journaling.
- Make a gratitude list.
- Write a gratitude letter to someone who has helped you.
- Practice gratitude meditation.
- Create a gratitude altar or shrine.

24alife 12 Weeks

### Habit 13: Forgiveness

**Goal**

Commit to starting the process of forgiveness.

**Choose a Healthy Habit**

Choose a habit that is realistic and achievable. To start the process of forgiveness, consider the amount of time you spend on forgiveness activities and the quality of the activities. Try to spend at least 5 minutes each day on a new activity.

- Actively choose to forgive in what you say and do.
- Write about your experiences, thoughts and feelings.
- Communicate with friends.
- Consider spiritual or professional assistance.

24alife 12 Weeks

	Physical Activity	Forgiveness	Portion Size	Preventive check-ups	Adequate Sleep	Something New	Strength & Flexibility	Laugh	Family & Friends	Addictive behaviour	Quiet mind	Gratitude
Lessen cardio-vascular diseases	♥		♥	♥	♥		♥	♥		♥	♥	
Improve immune function	♥		♥		♥		♥	♥				
Mental Health	♥	♥			♥	♥		♥	♥	♥	♥	♥
Improve happiness	♥	♥			♥	♥		♥	♥	♥	♥	♥
Weight loss	♥		♥		♥		♥					
Reduced injury/ falls	♥			♥	♥		♥			♥	♥	
Increase productivity	♥	♥		♥	♥	♥				♥	♥	♥
Less depression	♥	♥			♥	♥		♥	♥	♥	♥	♥
Reduce Chronic diseases	♥	♥	♥	♥	♥		♥	♥		♥	♥	
Lessen burnout	♥	♥			♥	♥		♥	♥	♥	♥	♥
Reduce health care costs	♥		♥	♥	♥		♥		♥	♥		♥
Lessen risk of cancer	♥		♥	♥	♥			♥		♥	♥	
Reduce diabetes	♥		♥	♥	♥		♥			♥		

#1 New York Times Bestseller!

# The Mayo Clinic Diet

Eat well. Enjoy life.  
Lose weight.

By the weight-loss experts at Mayo Clinic

INCLUDES A  
Quick Start Plan  
DESIGNED TO HELP YOU  
**LOSE**  
UP TO  
**6 to 10 lbs.**  
IN 2 WEEKS

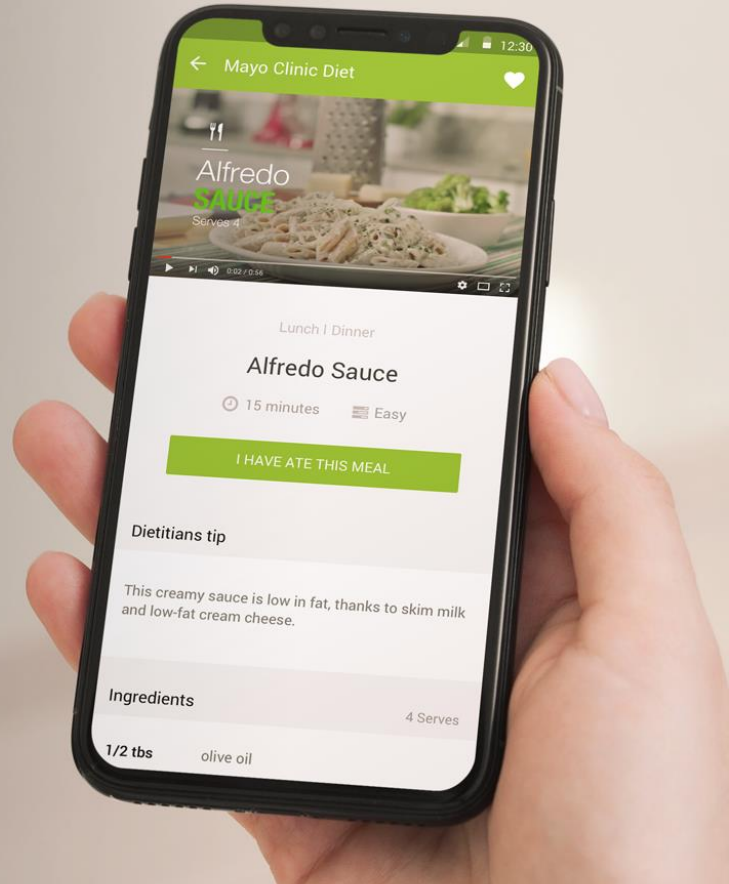
GET STARTED



Developed in  
collaboration with  
**MAYO  
CLINIC**

# A weight-loss program for life.

- Find healthy recipe
- Follow different cuisines
- Tips and tactics how to eat healthy
- Build your food pyramid
- Create food diary



# Lose it!

2 week phase is designed to start and lose up to 2.7 to 4.5 kilograms in a safe and healthy way. It focuses on lifestyle habits that are associated with weight.

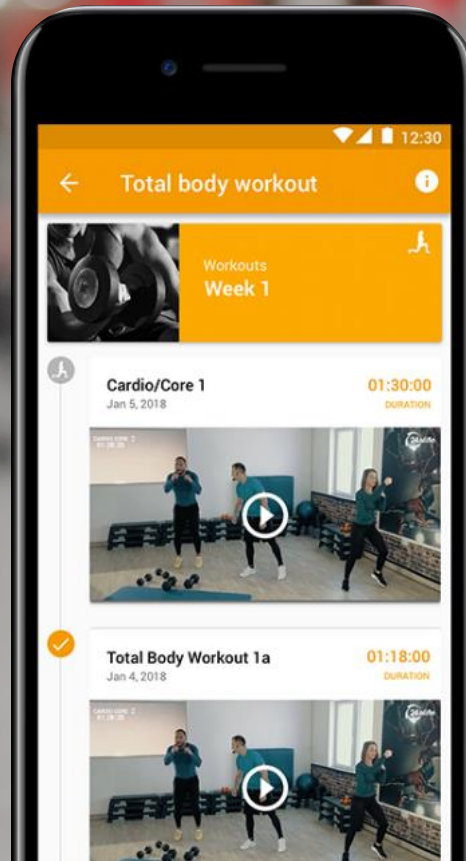
# Live it!

a lifelong approach to diet and health. Learn more about food choices, portion sizes, menu planning, physical activity, exercise and sticking to healthy habits. Continue to a steady weight loss of 0.5 to 1 kg a week.



# Sports program: Total body workout

Total Body Workout is a program designed with a high-intensity interval training. Suitable for every individual who wants to change physical appearance or become a more active individual regardless of their current physical shape and mobility.



# Work – life ballance

Harvard Business study shows 14% of individuals with goals are 10 times more successful. Create balance, increase happiness and improve productivity.

Coaching tool with 8 different areas.



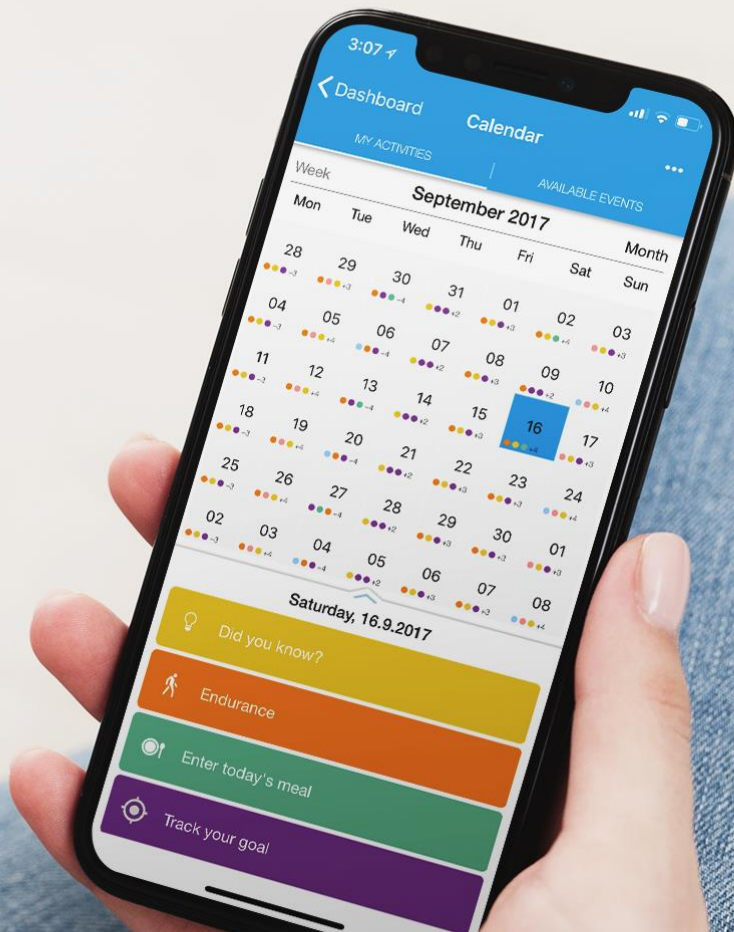
# Accelerated Select Program

Stress in the workplace is one of the most common types of stress. It is important for employees to know how to manage it and to eliminate its negative consequences. Proven combination of professionally mentored group workshops and mobile app motivates and guides individuals to destress.



# Follow daily tasks

- Pre assessment
- Cardio Training
- Strength Training
- Guided relaxations
- Educations
- Food diary
- Body Measurement
- Post assessment





# Challenges

Challenge employees through different activities to become happier and healthier. Challenges address different topics and include sport, psychological, nutrition, health related activities. Individuals can compete against themselves, computer, other groups.



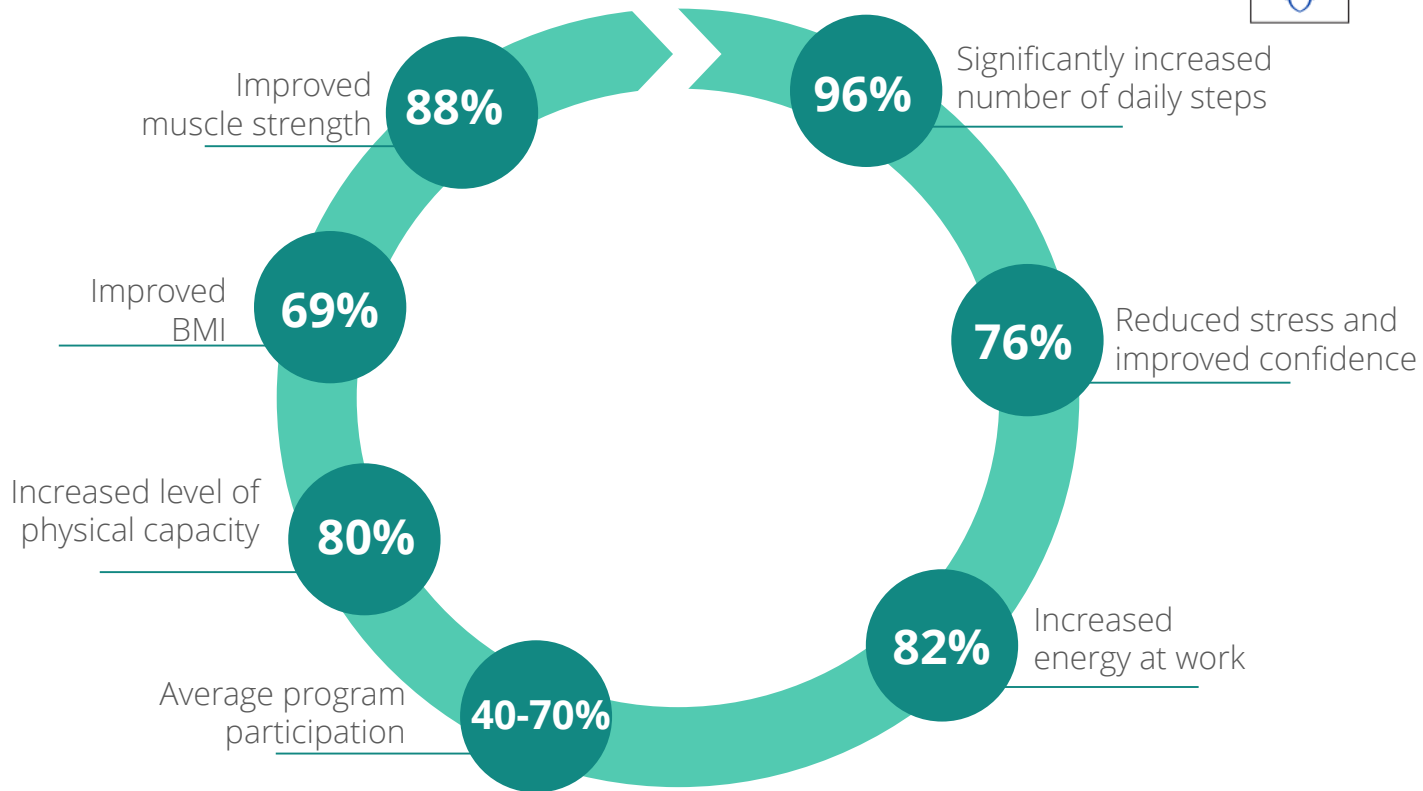
# Get in the game

It's an engaging game which promotes healthy activities. By tracking habits daily, individuals compete against computer by receiving points in yards and scoring a touchdown.



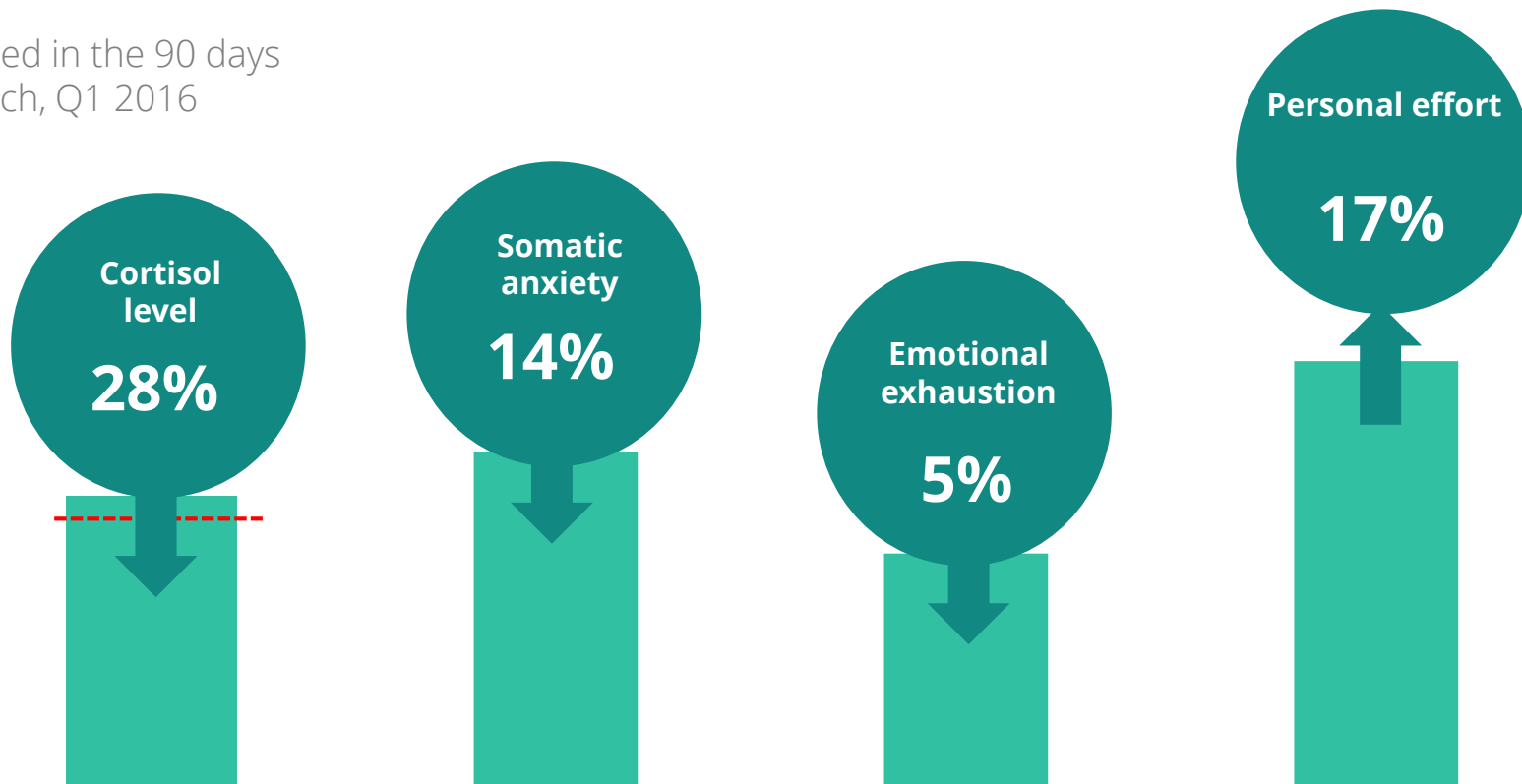
# Our results

Acquired in the 90 days  
research, Q1 2016



# Our results

Acquired in the 90 days  
research, Q1 2016



# Our results

Acquired during 20 clinical  
researches of Mayo Clinic

**Burnout  
reduction**

**39%**

**Stress  
reduction**

**35%**

**Improved  
resilience**

**25%**

**Increased  
level of  
happiness**

**17%**

**Increased  
healthy  
behavioral**

**13%**

# The power of the results

- Effective in changing to a corporate culture of health
- Incorporate into health campaigns
- Applicable and useful for all employees
- Achievable goals-activities- simple but powerful
- Ongoing program
- Supported by initiatives
- Demonstrate leadership cares about the health of its employees

**A new, challenging and effective approach for employee well-being.**



# A reliable partner for employee well-being

[What do we offer?]

# What makes us different?

- Expert knowledge – Mayo Clinic & others
- Comprehensive approach to WHP
- Holistic approach
- High engagement
- Big data – statistics overview
- Tracker and gadgets
- 24/7 support

24alife Corporate is a new, challenging and effective approach to workplace health promotion.

# Trusted by



Customer	Location
Mayo Clinic, DAHLC	USA
Mayo Clinic Emeritus Association	USA
Rochester Athletic Club	USA
Wellness Works Group	USA
Mayo Clinic Scottsdale	USA
Smart City of Dubai	UAE
Abu Dhabi Police	UAE
San Power Group	China
Dubai Silicon Oasis Authority	UAE
NIS, Gazprom Group	Serbia

Customer	Location
The Health Insurance Institute of Slovenia	EU
Grawe Insurance	EU
SBRA Brusses	EU
Basic-Fit	EU
Tata Motors Ltd	India
Tata Consultancy Services	India
AIMA India	India
Roseate House and Resorts	India
NSIC	India
Apollo Hospitals	India



<https://www.24alife.com/solutions/corporate>

