

mHaven, increased well-being and productivity for a modern workforce

mHaven is an interactive, accessible, and scalable solution to promote and support mental wellness for the modern user trying to stay afloat within the rapid societal changes.

Decreased performance, absenteeism and health problems affect employee and employers alike. Mental well-being programs opens the doors to better support through self-care, guided support and coaching.

Studies have shown that such programs increase employee productivity and decrease associated healthcare costs, thus increasing employers' return on investments.

mHaven Value

mHaven combines multiple well-being initiatives into a comprehensive, integrated & data-driven mental health benefit, focused on prevention. A seamless blend of healthcare and self-care, mHaven aims to comfort, educate and motivate our users to stay mentally fit.



Data-driven Assessment



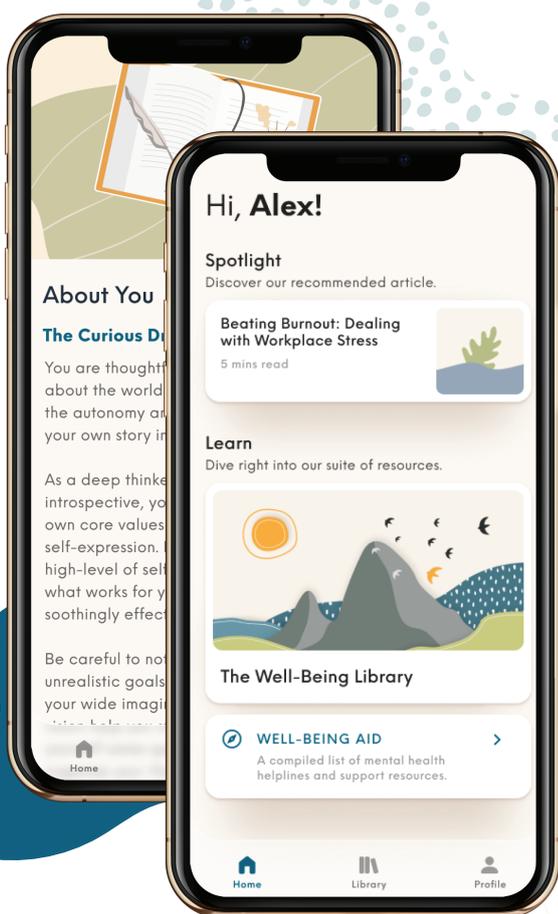
Personalised coaching & Feedback



Guided support & Self-help resources



Hybrid human & Digital care



mHaven **Product Features**

Assess

A series of short, targeted clinically validated questions to assess employees' mental state and personality.

Segment

Post assessment, segmentation based on personas, personality and current mental state, with personalised feedback on personality and well-being.

Inform

Original, bite-sized, clinically reliable educational content, for busy, working adults. Employees also have access to helplines, tips and guided lessons.

Engage

On-demand coaching, journaling and mood tracking, to guide employees through CBT-inspired exercises to overcome stress, fear and sadness.

Measure

Monitor behavioural and mood changes over time with data-driven, measurable and actionable insights, for timely triaging of high-risk users.

Product **Feature Highlights**

On-Demand Coaching

Our behavioural coaches give users holistic, personalised guidance through a text-based approach, facilitating awareness, direction, and continuous learning. Action plans and goal setting empowers users to take charge of their situation mental well-being.

Journaling & Mood Tracking (Coming Soon)

Employees are prompted to track their mood and receive insights on how they have been feeling. Similarly, users can keep track of their thoughts through journaling.



Created by
Medical Experts



With a Holistic
Approach



Personalised
for Users' Needs



Designed for the
Modern Workforce

Workforce **Engagement**

Engagement means more than just in-app activities. mHaven challenges stigma and raises mental wellness literacy. mHaven provides a depth of communication and touch-points to interact with a workforce throughout the year to drive organisational and individual changes to well-being and overall productivity.



Onboarding
workshops



Well-being
newsletters



Product
update emails



Mental well-being
webinars



Mental fitness
analytics