



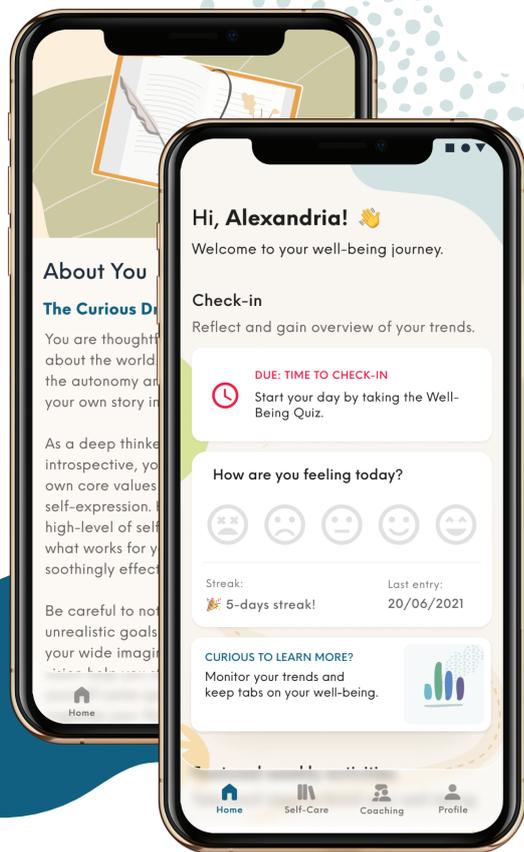
Increased well-being and productivity for a modern workforce

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 employees and employers alike. Mental well-being programs open 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.

An evidence-based platform designed to meet the everyday needs of modern users



APPLIED SCIENCE

Developed in partnership with a global team of mental health and clinical experts



CULTURE OF WELL-BEING

Designed to foster a continuous culture of mental well-being



USER ENGAGEMENT

Housed in an interactive application, built with the well-being of your workforce in mind



PERSONALISED JOURNEYS

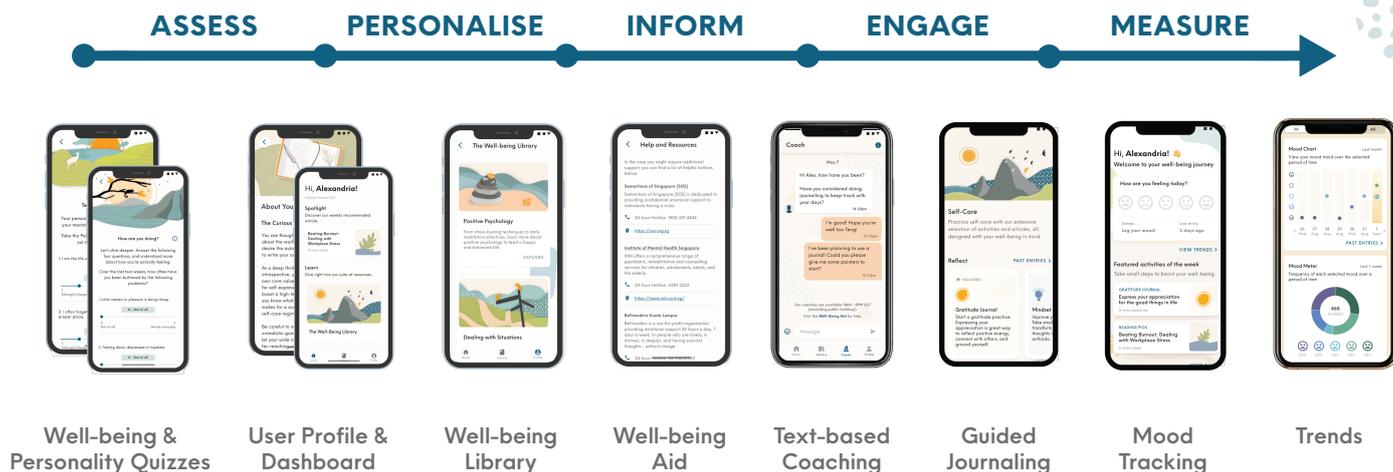
Tailored feedback, guided support & coaching ensures employees receive empathetic support



ACTIONABLE INSIGHTS

Deploy leading-edge analytics to generate scalable insights to nurture a resilient, positive workforce

User Journey



Key Product Features



Text-Based Coaching

Behavioral Health coaches offering personalised support anytime, anywhere, on topics such as burnout, relationships and sleep

- ✦ Tailored support from experienced professionals
- ✦ Improve well-being through goal-oriented guidance and proactive care



Mood Tracking

Users can log their mood to raise awareness and develop self-coping strategies

- ✦ Insights through interactive charts and graphs
- ✦ Personalised tags and notes to identify triggers over time



Guided Journaling

A safe space for users to track their mental states and thoughts, to develop a habit of self-reflection and goal-setting

- ✦ Structured reflective prompts to guide users
- ✦ Wide range of tags to capture and monitor mental state

Workforce Engagement to Beat Stigma

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



Mental Well-being Webinars

Encompassing mental well-being, coping mechanisms and the use of tools to support employees and those around them



Well-being Corporate Reporting

Insights and analysis on employees' well-being through quarterly reports, including sign-up data and user progress



User Engagement Emails

Emails to keep users engaged and updated of new features to help improve their mental well-being