



Do you want to
Improve your life?

Be Well - Perform Well - Live Well TM

**This is your opportunity to
make real and lasting
improvements to your
wellness, performance and
quality of life with WellKom.**

Private & Confidential



Are any of these improvements of value to you?

- Greater energy all day long
- More pride, belief and confidence
- Feel more in control
- Maintain your desired weight
- Relationships saved / improved
- Remain positive throughout the day
- More “me” time
- Reduce health risks
- Live better with Type 2 Diabetes, Hyper-tension, Cancer...
- Perform well under pressure
- Improved levels of concentration and focus
- Better able to handle life’s ups and down
- Greater sex drive
- Find it easier to relax, switch off and sleep better
- Be less stressed about money
- Reduce / manage alcohol, drugs, cigarettes
- Age better
- Reduce the risk of accidents

To overall feel more content about your level of physical and mental wellness!



What do I do?

Scan your way of life privately and confidentially by investing a total of around 20 minutes. Take a step back, in one setting (or in roughly 2 minute segments with feedback) and look at your: :

- Attitudes
- Beliefs
- Behaviours
- Constraints

Following this, you will be able to:

- Understand how your physical and mental health are related and the effect this has on you
- Identify your core strengths, and how using these can help to build the lifestyle you want

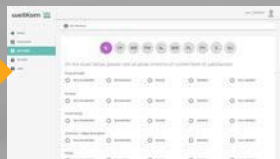
You will receive personalised, best practice self-development solutions in an exclusive profile, only viewed by you.

How do I do it?

Follow these simple steps



Open Confidential Account



Go to Personalised Questionnaire (Modular)



Build your Wellness Dashboard



Select Your Solutions



Set your Goals and Actions



Pick your Devices / Apps

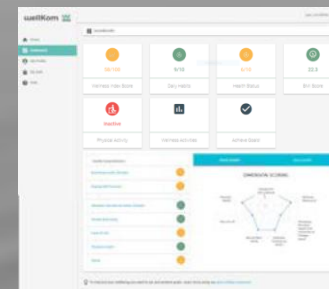
Your Wellness Dashboard – designed to enable you to manage and improve all aspects of your physical and mental wellness



Devices & Apps



Daily Wellness Habits



Wellness Dashboard



Physical Activity Levels



Wellness Behaviours



Health Status



Wellness Index



Your success...

You are in complete control and equipped to:

Set your goals

- What you want to focus upon
- When you want to start
- How to get back on track if needed
- When you want to re profile (3 to 6 months)

View and use your resources

- Download and view by pc; tablet; smart phone
- You decide the best mix of resources
- Pick the learning format which suits you best
- Easy to review and edit when online
- Store safely in your account using My Safe

Share your Profile

- Who to share it with
- What information you share
- How you share it

Take your success further:

- Identify your current strengths, and how to take advantage
- Developmental resources personalised for you
- Tailored apps/devices that align with your goals
- Resources to help reflect and learn from your changes
- Re-profiling to track and measure your success

What do people say about us?

“This is the first time I’ve been exposed to anything quite like this. It has been a valuable piece of learning for me to find out about my ability to cope with the tensions of work and home life - and, importantly, to see how I compare to others.”

“The WellKom Wellness Profile is slicker and Easier to complete than many other profiles I have done. I found my profile informative and very helpful ... Overall I certainly found the WellKom Wellness Service to be a worthwhile experience.”

“Given the demands of today if you don’t understand and manage your own well-being you will probably burn out and not perform to the level of your potential. I found it to be a very useful tool and an integral part of a complete leadership programme.”

“Is impressive in comparison to the usual quick lifestyle profiles I have done in the past. It has provided me with an interesting insight into how I cope and what I can practically do to improve my physical and mental well-being.”

“Was going through a rough time in a Relationship and kept churning it over in my mind – but learnt how to stop that and stay more focused and even sleep better and had enough energy to resolve and make the relationship work.”

“I found during the day I became more irritable – Now I know why and have fixed it.”

“When I re-did the profile I could see in black and white what had improved and this made me feel even better and increased my confidence that I can make a difference to my health.”





What are you waiting for?

Login NOW

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