

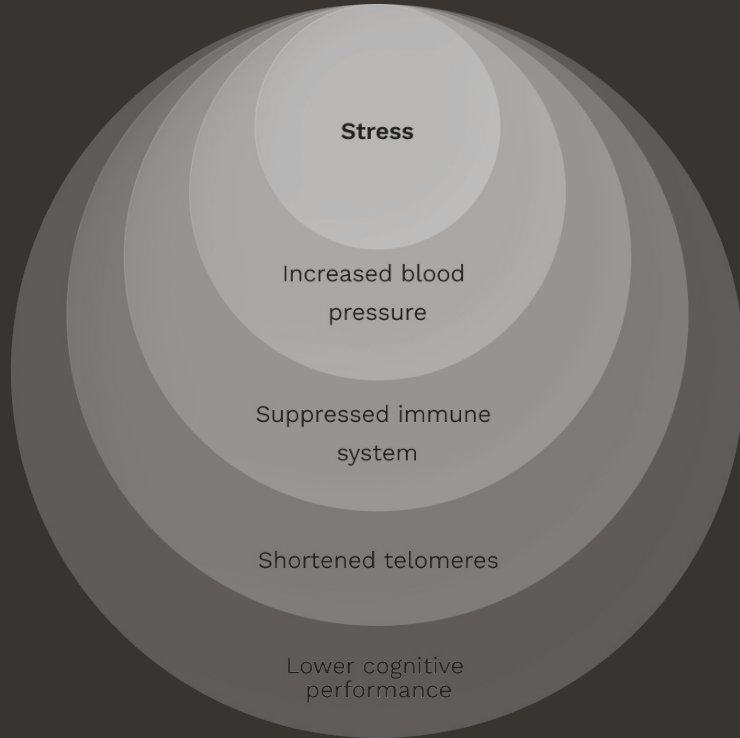


wone

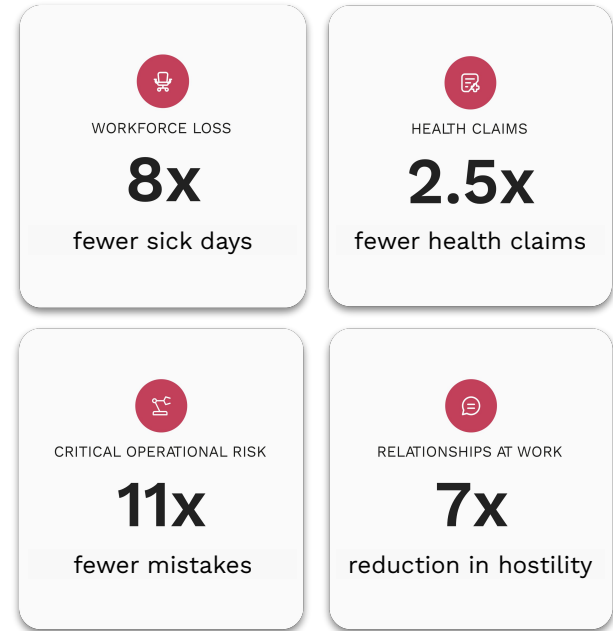
Actionable intelligence
for workforce health &
performance

SCIENCE LED. AI POWERED. HUMAN FIRST

Building stress resilience improves health outcomes



And provides a clear business advantage



One year after WONE launched, Arm was named Glassdoor's Best Place to Work

Arm, a \$140bn global tech leader in AI and chip design, needed to support high performance at scale and was replacing an existing under-used platform. In a 1 year pilot, WONE delivered:

High engagement

47%

Active users vs 2% on prior platform

Real impact

63%

Reported reduced stress

Genuine value

10x

Return on investment for our pilot cohort

ACHIEVED
THROUGH:

PERSONALISED SUPPORT

DATA LED INSIGHTS

SCIENTIFIC RIGOUR

GLOBAL EXPERTISE

BESPOKE CAMPAIGNS

”

We blew away all the KPIs. It was far more successful than we were even hoping it would be.

Chris Tolley

Senior Director People



”

The stress hasn't gone, but there's more space to deal with it. That shift really matters, for me, and for the team.

Arn employee

90%

Would recommend WONE to a colleague

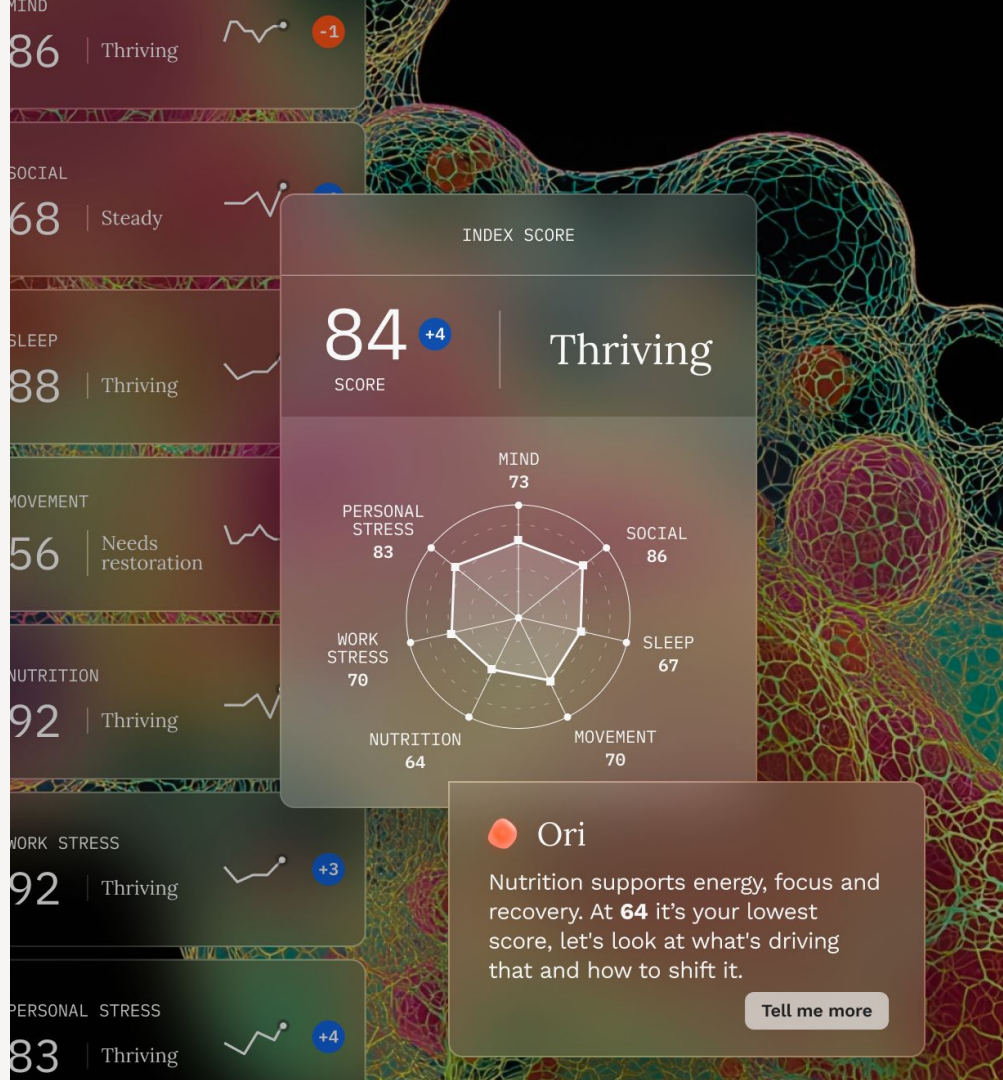
80%

Would be disappointed without WONE

Our WONE Method drives sustained high performance

1. Scientifically validated measurement
2. Personalized AI + human expert coaching for real-time support
3. Seamless integrations for habit formation
4. Centralised dashboards for management

-> INTELLIGENCE LAYER FOR HIGH PERFORMANCE





The WONE Index is the measurement layer for health and people risk

For users, it provides:

- A single measurement of stress, resilience and overall health factors
- Nested scores by domains, themes, and items across mind, movement, social, nutrition, readiness, work stress, personal stress
- Real-time tracking to monitor meaningful change over time

For clients, it delivers:

- Early risk identification and intervention to reduce health risks across your business before they drive costs
- Personalization to drive high engagement and effectiveness
- Longitudinal tracking to understand how health trends are evolving over time
- Precise monitoring of intervention effectiveness and ROI for internal analytics and proving impact to C-suite

BUILT WITH:



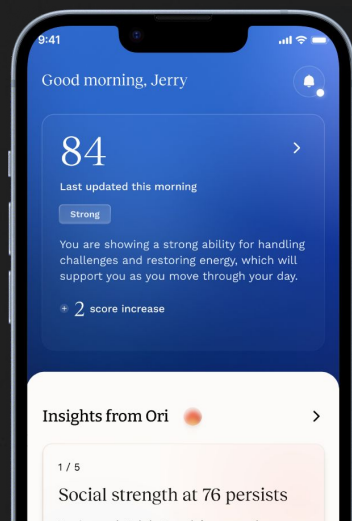
PUBLISHED IN:



The WONE Platform: Human and AI coaching intersect with dynamic personalisation tailored to each individual

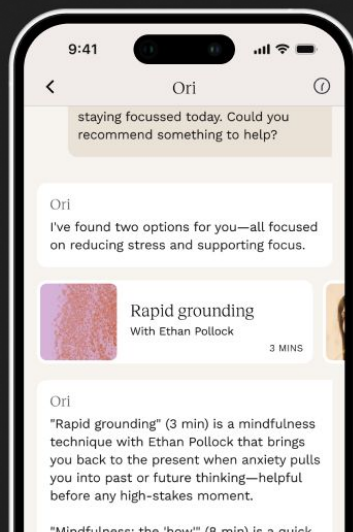
Personalized homepage:

AI personalised health plan with your dynamic score, insights and recommended interventions



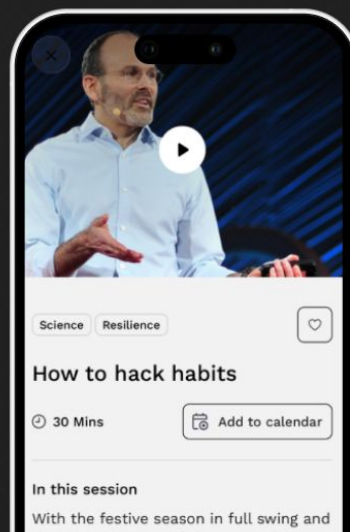
AI personalisation:

Ori, WONE's coach adapts dynamically to individual needs & behaviours



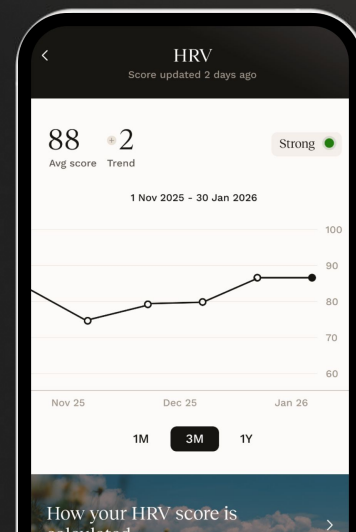
Micro interventions:

Interventions delivered by top scientists and human performance experts



Performance state modeling:

Understands what's driving performance and respond proactively before crisis





The data we capture turns invisible health risks into actionable intelligence

Board-Ready Risk Intelligence: A data driven view of employee health and resilience across your business, broken down by geography, business function & seniority

Real Cost, Quantified: See the risks across your business that are driving lost productivity, absence, health claims and employee turnover

Action You Can Take: Receive focused strategic recommendations to address key risks across your business before costs escalate

Seamless integrations: with SSO, HRIS and calendar to ensure WONE is embedded into your work environment

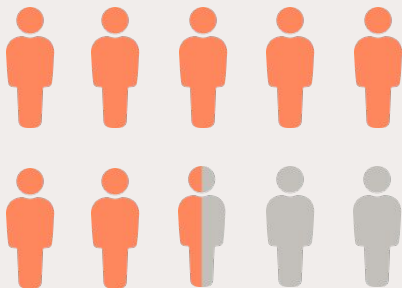
“

We can harness the power of AI and turn that data into insight to help us understand how to get the best out of our people.” Senior Director of People, Arm

WONE has cracked the 2 biggest industry problems: showing engagement and measurable impact, delivering a 5x ROI

Employee impact

74% of users gain resilience with WONE



Real engagement

WONE AVERAGES

40%
Engagement

25%
Monthly active users

8x
Engagement vs competitors

Return on investment

WONE DELIVERS A

5x ROI

Through reduction in absence and increased productivity

BASED ON OUR ROI CALCULATOR AND IMPACT METRICS

Our ROI figures are based on real employee data, allowing you to prove impact from your investment

ROI Methodology

We calculate ROI from real employee data - absence, healthcare visits, productivity and intent to leave, tracked through WONE Index assessments. We cross-check against a peer-reviewed health economics model to ensure the numbers are robust

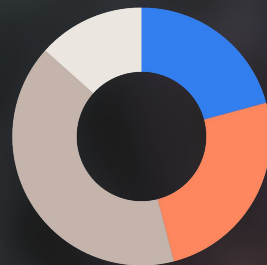
What this gives you

Defensible numbers you can take to your board or CFO, proving a measurable financial return on your wellbeing investment

ROI CALCULATOR

5x

RETURN ON
INVESTMENT

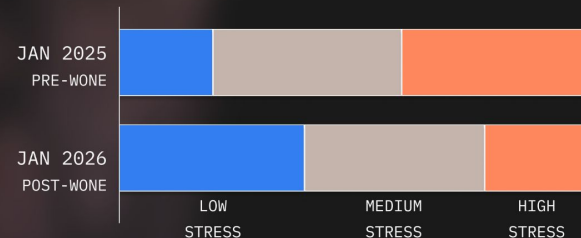


\$420K

ANNUAL
SAVINGS

Productivity	\$90k
Absence	\$109k
Health Claims	\$176k
Churn	\$58k

CHANGE IN STRESS COHORTS



Built by the world's leading minds in Performance,

Stress Physiology, Behavioural Science & AI.



Dr Roos

WONE Chief Scientific Officer

HEALTH PSYCHOLOGIST AND STRESS SCIENTIST FROM STANFORD MEDICINE



Dr Sood

Professor at Mayo Clinic

WORLD-LEADING EXPERT AND AUTHOR IN RESILIENCE AND STRESS



Dr Whillans

Professor at HBS

BEHAVIORAL SCIENTIST AND PROFESSOR, HARVARD BUSINESS SCHOOL



Yojan Patel

AI Health at Google

RESEARCH LEAD FOR AI HEALTH COACHING AT GOOGLE & FITBIT

Health + Add to myFT

Employers urged to look beyond perks to support staff

Liveable hours and good working conditions offer more tangible benefits than wellness apps



Walking On Earth founder Reeva Misra says employers play a crucial role in employee wellbeing

The gold standard in stress resilience.

- Based on peer-reviewed studies
- Validated against clinical assessment tools
- Continuously refined with expert feedback



Appendix

Additional information about WONE



CASE STUDY

How The Raine Group boosts manager resilience with WONE

Sherri Williams is a Partner at The Raine Group, a global merchant bank. Sherri is an advocate of mental health awareness and education, and believes that it's important to invest in the wellbeing of their employees, because, "our assets are our people".

WONE platform & speaker series

Raine has above average engagement with the WONE Platform of **59%** and have purchased a speaker series as an upsell

Personal impact

Sherri describes her experience with the platform as 'transformational', because of the knowledge gained in managing her stress for her work environment

A highly engaged advocate

Engaging with all aspects of WONE, Sherri has hosted a speaking event, completed a private breathwork 1-1, and **made 8 company referrals**

Business impact

The combination of solutions has helped build relationships across the business, and drive meaningful advocacy from the top

“ Now I walk away from the sessions with WONE thinking about how I'm going to be a better manager for my team, and knowing I'll perform better at work as a result.”

Sherri, Partner at The Raine Group



How Abhishek improved his blood results through WONE

Abhishek felt high stress and was experiencing symptoms of fatigue, a leaky gut and general bloating. After a visit to the doctor, test results showed poor blood markers and high cholesterol. Abhishek turned to the WONE platform for help.

48 sessions completed in 6 months

After an initial consultation with a nutritionist, Abhishek completed 2 nutrition and activity sessions every week over his first 6 months

Improved blood test results

Abhishek was re-tested 6 months later, and saw significant improvement in cholesterol, insulin resistance, and leaky gut symptoms

A plan tailored to his needs

The WONE AI coach gave Abhishek a path to follow, with recommendations on which sessions would be best for him to join

Improved productivity

In addition to improved blood markers, Abhishek reported an improvement in his energy, vitality and ability to perform at work

“ What I really liked is that it comes to me - I don't have to go searching for the sessions. It was a huge incentive that they gave me a path to follow - it made it so easy.”

Abhishek, Software Engineer at Plume Design

wone

Join WONE to turn employee
health into a measurable
performance advantage

reeva@walkingonearth.com