



**Thu. Feb. 5/21
FOR IMMEDIATE RELEASE**

**MEDIA RELEASE
Aussie-based Health Tech Leader to Support Small to Medium
Coffs Harbour Businesses**

[New South Wales] Australia-based health tech leader, ShaeWellness, has developed a free personalised health program for small to medium businesses in Coffs Harbour to help combat a lack of effective mental, physical and emotional health corporate solutions after a tough 2020. The program is expected to bring businesses together in the name of mental health support from all areas of the region, while providing a community feel of support and camaraderie.

It was designed after the global wellness company released their report analysing health and wellness status data of government departments and private enterprises, including small to medium business. Along with a range of positive results, it revealed that after just 30 days, 88% of individuals improved in mental health markers for anxiety and depression at the height of the pandemic.

“During the study we were witnessing participants get incredible results in how they were dealing with stress and managing how the pandemic was affecting their work and home life. Then YouGov released a report on how the pandemic had negatively impacted two out of three small businesses. I knew then we could help, so our team started working on ‘Australia’s Healthiest Workplace Challenge’, as a program that we could give them for free to do what we could to help employers during this tough time.” reveals Health Scientist Matt Riemann.

The program bridges the gap between allied health professionals, employers, and employees, and provides each group a greater understanding of what it means to be resilient in the workplace. “We hear from businesses that employee health support gets complicated quickly with different vendors only offering one area of support. The technology and medically-endorsed, evidence-based assessments and guidance programs we are offering support all areas of health. This streamlines administration, and gives the employers a scalable, one-stop-shop digital solution to support the mental, emotional, and physical health of their staff working in the office, or from home.” adds Riemann. “For the individual dealing with lockdowns or loved ones getting sick, they have the biological resilience to be able to take these challenges head on within 30 days.”

Australia’s Healthiest Workplace is also being offered to big business with 15% of the registration proceeds going to Mental Health Programs.

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For more information on Australia’s Healthiest Workplace Challenge 2021, visit:
<https://shaeWellness.com/australias-healthiest-workplace-challenge/>



ShaeWellness is the corporate world's first dna-driven, ai-powered Mental Wellbeing & Physical Health epigenetic solution. It delivers complete lifestyle support at work, and at home, for a holistic, user-centric, ecosystem of health. The medically-endorsed, scientifically-validated, evidenced-based ShaeWellness platform uses advanced epigenetic analysis and AI technology to assess and deliver unique user insights and relays customised behaviour change support to each individual user. ShaeWellness technology is currently being used in over 120 countries by medical experts and corporate wellness practitioners alike.

Matt Riemann, Health Futurist, Lead Scientist, and President & Founder of ShaeWellness is available for interviews.

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