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FOR IMMEDIATE RELEASE

MEDIA RELEASE

Are long-standing Employee Support Programs still relevant in today's world?

[Australia] As Australians return to work and school for 2021, the traditional work day will never be the same. 2020 took its toll as 92.6% of Aussie employees report not thriving at work, according to a recent 2020 Wellness Survey*. Long-standing Employee Health Programs claim to support mental and physical health, but are they effective, or even relevant in today's world?

"With advanced digital health assessments and mobile A.I technology, smart business leaders are demanding smarter Employee Health Programming solutions with scalable, flexible, intelligent online solutions" shares Aus-based corporate wellness technology pioneer, ShaeWellness Founder & President, Matt Riemann. "We've seen some businesses procrastinate and deprioritize switching from generic, clunky, low-tech Employee Wellness Programs, while seeming to ignore declining wellness stats and climbing disease rates. They prioritized old ineffective programming over proven technology advancement benefits."

"In the middle of the pandemic last year, when stress levels were through the roof, advanced genetic ai-health technology remotely delivered to governmental and private enterprise clients saw 88% of participants significantly reduce stress levels after only 30 days of use." No more swab tests or waiting weeks for saliva test results, technology is now available where mental and physical health assessments with accuracy down to the DNA level can happen anywhere, with immediate results, and a unique Mental and Physical Health Program relevant to work and home life delivered within seconds.

"Businesses need to have an effective, immediate, relevant wellness plan in place for each and every individual, so they can support each individual's unique and evolving stress factors, both at work and home." adds Riemann. "Business can't procrastinate on sourcing effective technology and employee wellness solutions any longer. A viral pandemic is not the time to avoid health technology solutions, nor the time to ignore sky-high stress level and disease rate statistics using out-dated, generic, low-tech wellness programs. There are intuitive, simple-to-use solutions that are cost effective." explains Riemann.

To calm the chaos of this technological frenzy, ShaeWellness is supporting businesses to experience how easy it is to embrace the ease and effectiveness of ai-corporate wellness solutions offering an open and fun 30 Day Corporate Team Challenge, free to eligible businesses. "It's our way of helping businesses across Australia rally up their staff for healthy results with our proven technology, but also experience the power and simplicity of ai-technology solutions in a no risk, no obligation scenario. We're doing what we can to support Aussies at work."

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. Complete lifestyle support is delivered at work, and at home, for a user-centric ecosystem of health. The medically-endorsed, scientifically-validated, evidenced-based ShaeWellness platform uses advanced epigenetic analysis and AI technology to assess each user's health and stress levels to deliver a program accurate down to the DNA level. Customised behaviour change support is relayed via advanced ai-technology to each individual user. ShaeWellness technology is currently being used in over 120 countries by medical experts and corporate wellness practitioners alike.

**Australian HR Institute - The Wellbeing Lab 2020 Workplace Report, "The State of Wellbeing in Australia's Workforce", 2020.*

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

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