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FOR IMMEDIATE RELEASE

MEDIA RELEASE

**No Corporate Wellness Plan to kick off a healthy 2021?
You're Already Behind**

The holidays have always been used as an excuse to eat, drink and indulge in... whatever, and 2020 has been one for the books. 2020 is going to have an epic send off especially after the year we've had. Now, organisations can see the ramifications of this indulgent behaviour when employees return to work in January through a lack of productivity, presenteeism and absenteeism, not to mention the stress and fatigue that's come with the past 12 months.

While many businesses have put in place personalised wellness plans for the return of employees for regaining productivity performance post-New Years; smart businesses have already accessed virtual solutions for their staff's health and wellness before, during, and after the silly season. Some have already given them AI-tech access to personalised health information that adapts to their lifestyle factors to support them in being healthy over the Christmas break.

Australia's Healthiest Workplace Challenge organisers are applauding these businesses. "These businesses will become an 'Employer of Choice' post-2020," shares organising body, ShaeWellness, President, Matt Riemann. "They won't have to look for staff - candidates will be seeking to work with them because they prioritise their staff and provide sound morale with a healthy, proactive, desirable culture for their employees" reveals ShaeWellness President, Matt Riemann. "Those who fail to provide a wellness option will fall behind in the future of a healthy workplace ecosystem, and essentially healthy businesses will quickly be considered an 'Employer of Choice'."

"We spend more than a third of our lives at work, doesn't it make sense that's where we get to work on being healthy and feeling supported, physically, mentally and emotionally?" poses Riemann. "If you haven't secured a health kick start for your staff to jump into a healthy 2021 immediately after the holidays, you are already behind."

Australia's Healthiest Workplace Challenge is a 30 day corporate wellness program rolling out in early February, and free for corporate teams of 20 staff or less. Lowering barriers for any Aussie business to jump start and boost healthy morale in 2021, the program is designed to engage, wow, and inspire all participants by opening access to world-leading ai-driven, precision health technology to support Australia's national workforce strengthen a solid, healthy start to 2021.



ShaeWellness is the world's first personalised Mental Wellbeing and Physical Health solution using advanced epigenetic analysis and AI technology to assess and deliver simple, immediate, personalised support to each individual user. Visit www.shaeWellness.com for more information on empowering healthy employees, leadership, and corporate cultures.

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

Matt Riemann, Health Futurist, President & Founder of ShaeWellness and Australia's Healthiest Workplace Challenge is available for interviews.

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