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FOR IMMEDIATE RELEASE**

#### **MEDIA RELEASE**

### **Australia's Healthiest Workplace Challenge set to motivate Aussie workplaces to get healthy in 2021**

Australia's most advanced corporate wellness technology pioneer has developed a FREE 30-day personalised health program to help businesses support employees in 2021, with the aim to provide mental, physical and emotional health support to those who may fall through the gaps in small to medium enterprises. "Australia's Healthiest Workplace Challenge" has launched and will help bridge the gap between corporate wellness and allied health professionals, cutting out exorbitant HR expenses, health costs, and ensuring healthy results are embedded in the DNA of each company.

Based on 15 layers of science including neuroscience, physiology and biology, Australia's Healthiest Workplace Challenge uses AI-tech to assess individuals on their medical health and current lifestyle stressors to understand their current health status. In short, it measures current health factors and, via AI-technology, delivers a customised health plan tailored specifically to each individual within seconds. It even offers individualised behaviour change support to build healthy mental, emotional, and physical lifestyle habits.

Once assessed, a team of Doctors, Scientists and Allied Health Professionals guide each workplace through four weeks of personalised health workshops to support them in understanding each unique employee and what that employee needs to be healthy and well in that particular workplace environment ecosystem.

"It's all encompassing, these are life skills, based on proven scientific principles for each unique body" reveals ShaeWellness Founder and Chief Scientist Matt Riemann. "There are more than

7.7 billion people on this planet and not one of us is the same” Mr Riemann continues. “That’s why each of us needs a different health plan, which is what we provide”

ShaeWellness recently released a white paper that analysed government departments and private enterprise including small to medium businesses and found up to 88% of individuals improve in mental health markers for anxiety and depression after just 30 days.

Corporate Team Registration for Australia’s Healthiest Workplace Challenge are now open until May 28th at [AHWC2021](#) and kicks off June 15th. 15% of all proceeds from big business goes to Mental Health Programs across Australia.

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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 delivering 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 customized 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, and Founder & Chief Scientist of ShaeWellness is available for interviews.**

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