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FOR IMMEDIATE RELEASE

### MEDIA RELEASE

#### Suicide, depression and anxiety!

#### How an Aussie company tackled the beast in just 30 days

**[AUSTRALIA]** You go to work. Whether you know it or not, more than half the company is suffering either moderate, extreme or severe state of depression, and three quarters of your teammates are suffering some form of anxiety. This isn't an example. These are actual results from an Australian technology company seeking a holistic (mental, emotional, physical) corporate wellness solution as 2020 came to a dramatic close. With these alarming statistics, the Australian company made the decision to focus on the health of their staff for 2021.

Their case study revealed **the workplace got healthier in just 30 days with Personalised Wellness programming and technologies**. From improving depression markers in the extreme category by almost 100%, to 93% of those at the highest risk of anxiety experiencing an improvement; **overall, 87% of individuals improved their mental health after just 30 days of personalised mental and physical health support**. It was all relayed via advanced health technology, including a virtual health assistant app, and virtual team coaching sessions.

**“Actually going into work is now physically putting them into a healthier place for their mind and body which means higher performance, plus a happier home environment.”** explains Corporate Personalised Wellness Expert with ShaeWellness, Dr Cam McDonald.

These impressive results support the recent findings of the corporate health technology company's whitepaper on the mental health of Australian employees during the pandemic. It revealed most polled workplaces are suffering moderate, severe or extreme levels of anxiety and depression. **“When their health program is personalised to each person down to their DNA level, dis-ease is reduced significantly and mental health markers are improved by over 85%,”** furthers Dr McDonald. “Using this advanced technology that personalises each individual's program unique to them, we have seen dramatic improvements in as little as 3 days.”

The recent case study with the Australian tech company supports these findings, along with the dramatic “economic bloodbath” continuing to sweep the nation the University of Melbourne highlighted this week. They revealed **financial stress and mental distress rates are negatively affecting one in three Australians right now**.

With the 1 year anniversary of WHO's “Global pandemic” declaration, and World Health Day on April 7th almost upon us, the marathon of financial stress and other emotional disturbances from pre-and-during pandemic times are even more pressing. In the long run, not only does Mental Health need to be at the forefront of all conversations, but proven, evidence-based solutions need



to be abundantly accessible to all Australians immediately. Australians should not suffer when solutions are available. ShaeWellness is calling on Australian business leaders to take a stand and put the health of employees first for the health of Australia's economy, and strength of its identity as a global powerhouse of united citizens.

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**WHO's annual World Health Day is next Wednesday, 7 April and Dr Cam McDonald is available upon request for interview.**

Dr McDonald specialises in Personalised Health, where he leads Allied Health Professional Training in Personalised Health across Australasia, is an international keynote speaker and leading expert in Personalised Corporate Wellness applications for Mental, Emotional, and Physical Health with ShaeWellness.

Other AI-Health Technology, Genetic Health, Epigenetic, and Health Technology Experts available upon request for any Health-related segments leading up to World Health Day, Weds April 7th.

*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.*

For Media Enquiries & Dr McDonald Appearance Requests:

Corrie Van  
Media Relations Manager  
ShaeWellness & ph360 Australia  
0415 155 969