

A digital support program to guide your employees through challenging times.

Stress-reduction and lifestyle improvement program.



As normal schedules become altered and remote working becomes the norm, it can be a difficult and stressful period for many individuals. **That's where RestoreResilience steps in—guiding workers through a healthy, new routine so they can feel their best to perform at their best.**

What is RestoreResilience?

RestoreResilience is an always-available support program for your employees caught in the recent pandemic and other societal occurrence. The program focuses on stress and anxiety, with additional health content in the areas of sleep, nutrition, and exercise. Members learn how to cultivate positivity, remain present in their daily life, manage emotional or mindless eating, and more through lessons and tasks. In addition, each person is paired with a live health coach to schedule 1:1 calls or text sessions at whatever frequency they need. Members have access to weekly community discussions and our RestoreTV sessions that focus on finding positivity in these challenging times.

Deploy RestoreResilience in times of crisis or when your company is going through workforce reductions, furloughs, acquisition, workplace crisis, or any major disruption that causes a departure from the normalcy of daily operations. Offer it now to support your employees—for today, tomorrow or whenever they need it most.

How RestoreResilience Works:



EXPERT COACHING

Each member gets paired with a RestoreResilience coach that will be with them for the duration of the program. Coaches stay in touch via text messaging and scheduled phone outreach to ensure their needs are being met.



AWARD WINNING MOBILE APP

Our web and mobile apps make engagement in the program simple and easy. Get daily educational content, personalized stress and sleep plans, progress reports, social support from a small group of peers, and more.



CONNECT OWN DEVICES

Sleep, stress, and weight data can be tracked automatically. This real-time health data is used to optimize the program to get the best possible results.

MEMBER TESTIMONIAL

“I just scheduled a call session for tomorrow at 4 PM. I can't wait to chat more! **Working at a community hospital, although it is very rewarding, can get really stressful and I see this helping not only me but a lot of my colleagues who work day in and day out that doesn't get a chance to think about their own health when caring for others.**”

—RestoreResilience Member

CONTACT US TODAY TO LEARN MORE!