



Office Health

Corporate Health Preservation App

- Increases labor productivity
- Improves employee concentration (cuts down on work-related mistakes)
- Reduces absenteeism in the workplace



Consequences of Poor Office Ergonomics

- Headaches
- Cardiovascular diseases
- Osteochondrosis
- Eye Strain
- Blood Stagnation
- Fatigue

All these diseases decrease productivity and contribute to higher absenteeism in the workplace!



What does the manager want?

- ✓ Increase labor productivity.
- ✓ Improve employee concentration
(cut down on work-related mistakes).
- ✓ Reduce absenteeism in the workplace.

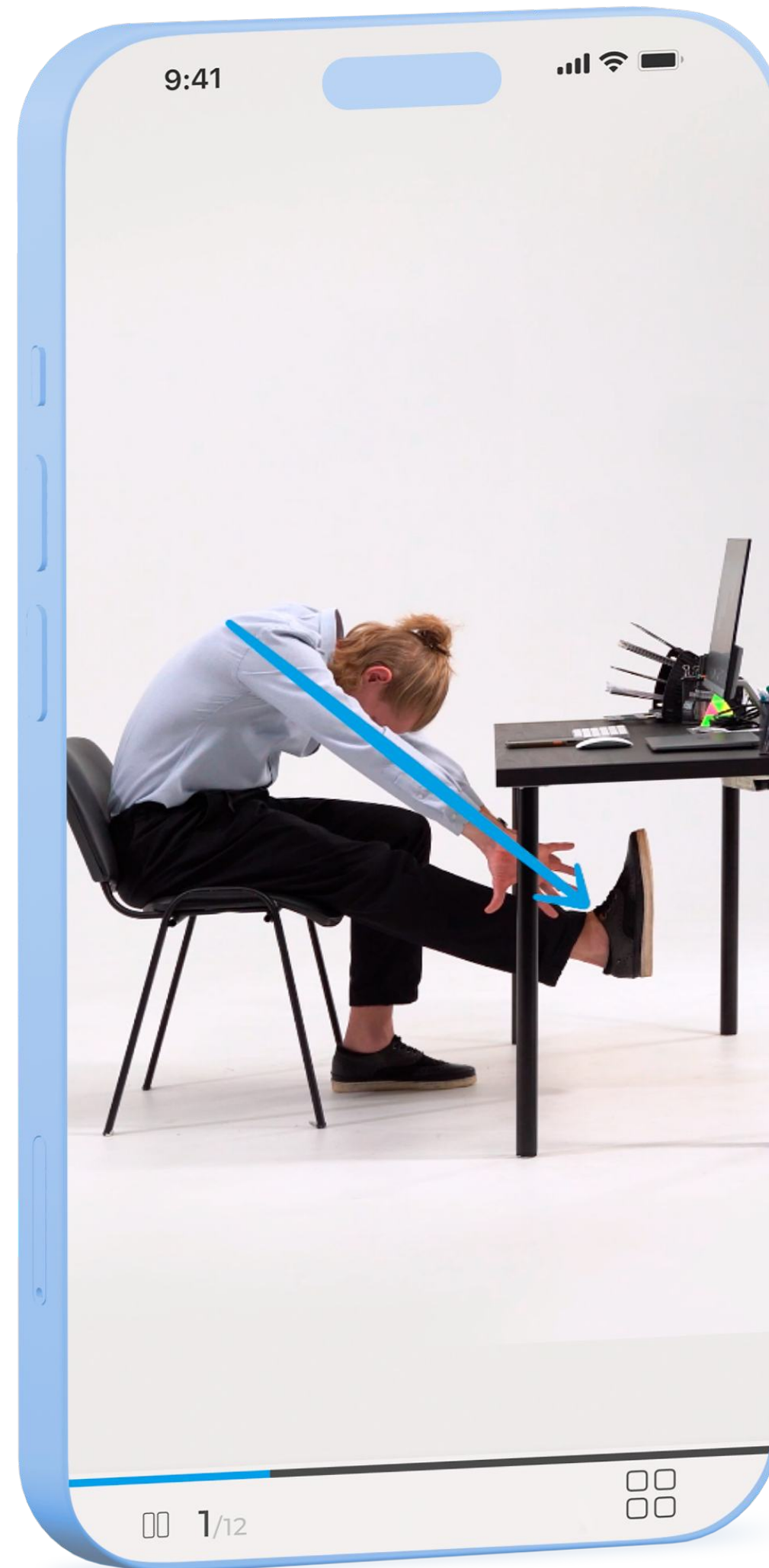
There is a solution!



There is a solution!

Mobile App and Program

«Office Health»



Step 1. Employees install the app on their phone or computer.

Step 2. They receive scheduled notifications reminding them to spend a few minutes on their health.

Step 3. "Office Health" provides a personalized set of exercises for each employee, demonstrating how to perform **body, eye, and breathing** exercises correctly at their workstation

Studies show

that regular physical activity:



Increases productivity by **5%**

(Source: Sarah Nightingale, University of California, Riverside, 2017)



Significantly reduces absenteeism and sick days

(Source: BMC Public Health 19, 2019)



Reduces stress and depression levels by up to **30%**

(Source: Department of Health and Social Protection <https://gov.uk> , 2024)



Lowers workplace injury rates by up to **15%**

(Source: Department of Public Health, University of Turku, Finland, 2024)



Decreases the likelihood of cardiovascular diseases by **35%** and osteochondrosis by **25%**, among many other health issues.

(Source: Department of Health and Social Protection <https://gov.uk> , 2024)



Workout with «Office Health»

Each exercise features a demonstration video and step-by-step written instructions

Full Body PT



Eye exercises

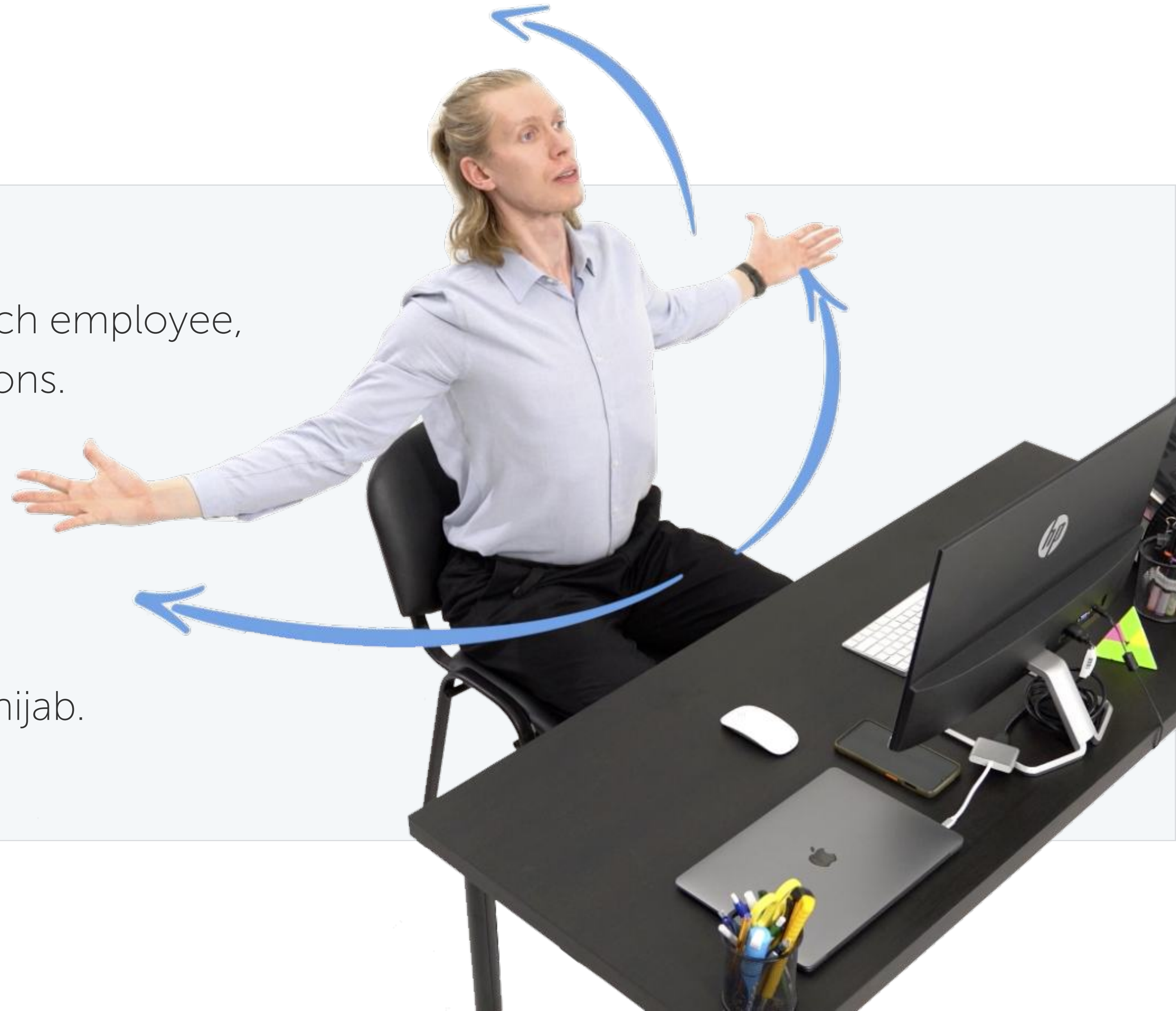


Breathing techniques



Unique Program

- **Personalized Exercise Plans:** Tailored for each employee, considering gender, age, and working conditions.
- **No Equipment Needed:** No machines or bars required
- **Office-Friendly:** Can be done right at your workstation, even in a formal suit, a skirt, or a hijab.



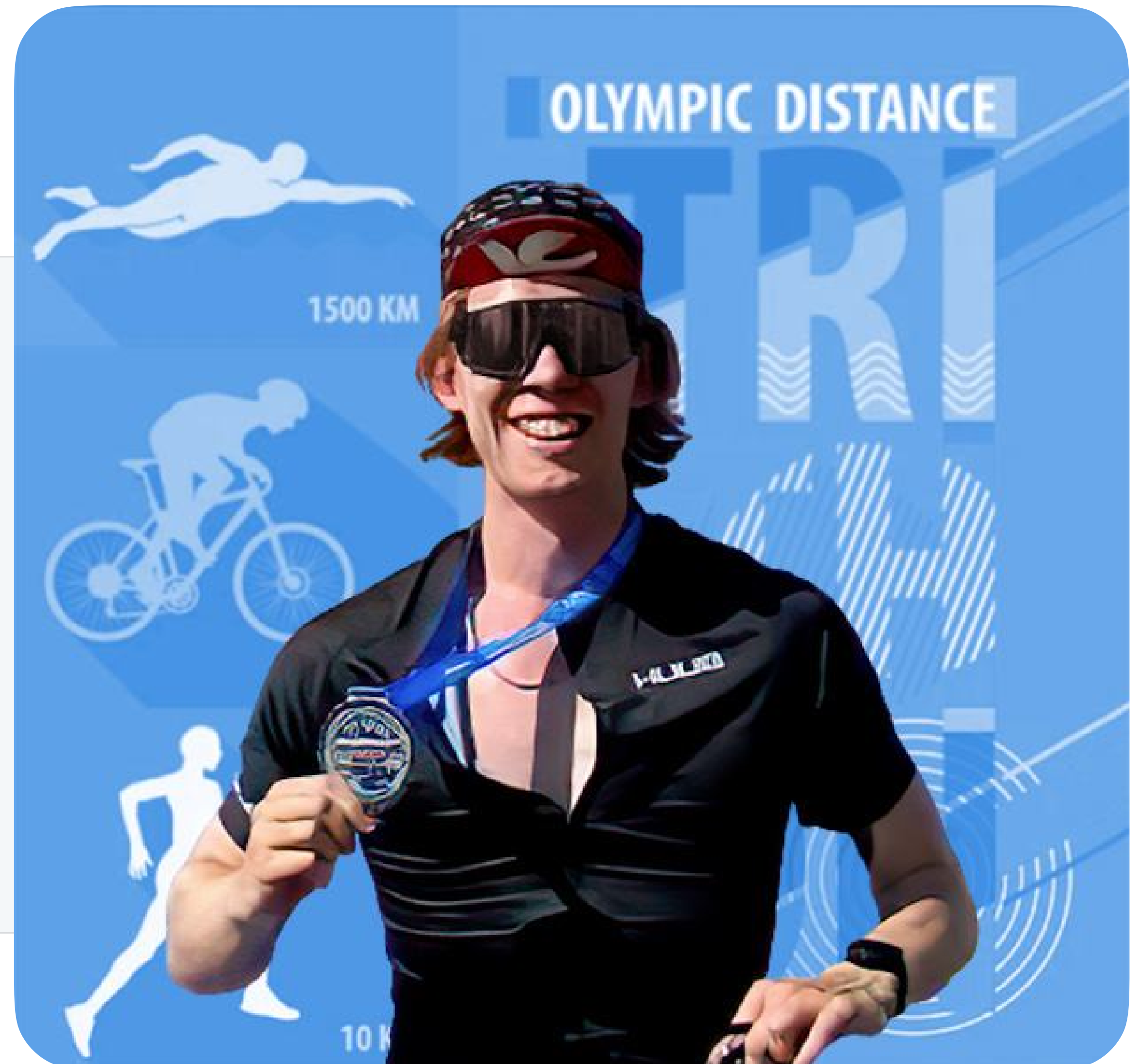
◆ Advisory Group

Mikhail Malikov

- certified trainer in the EXOS system (Phase 1)
- member of the international team of FACTS® methodologists.

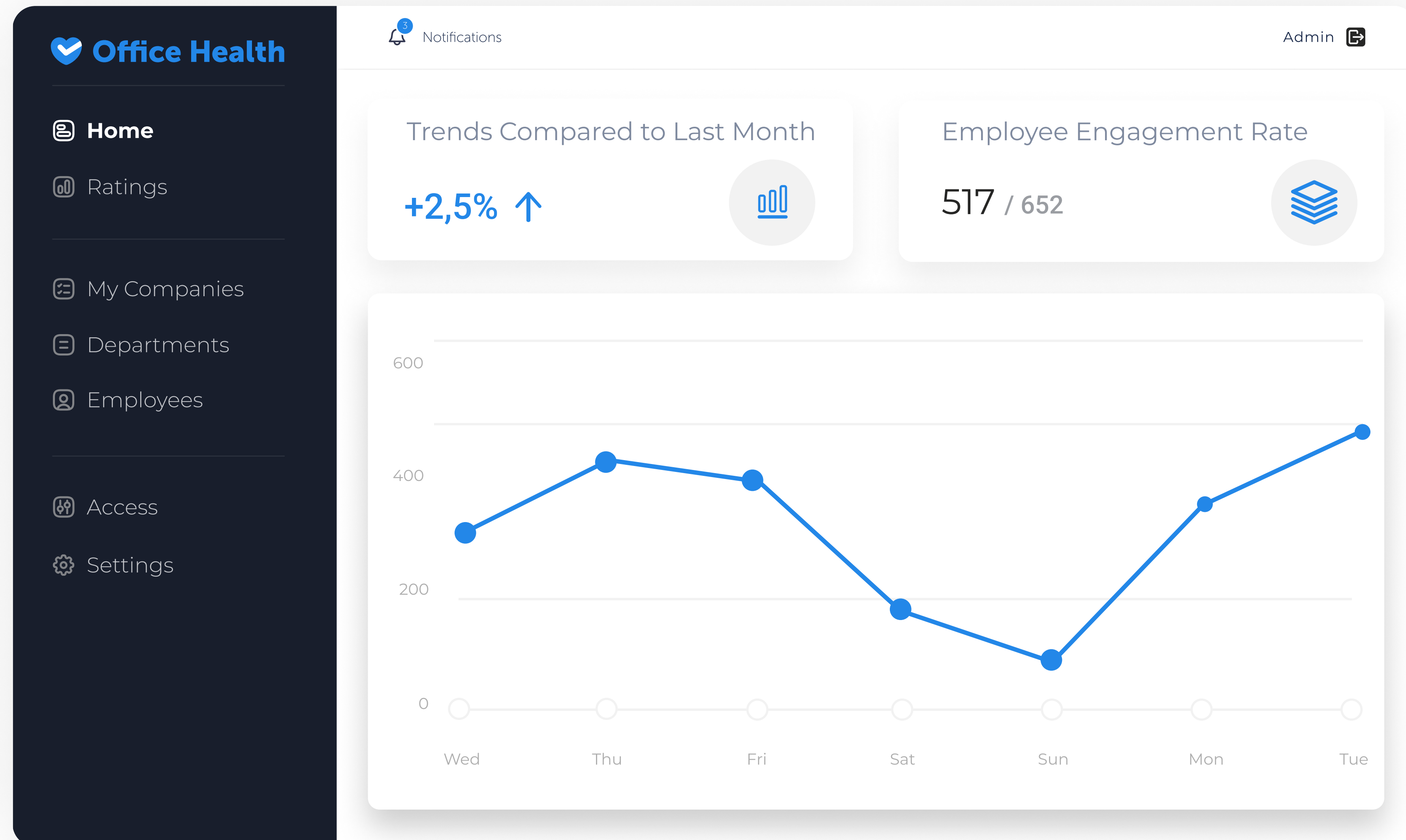
Leading specialists of the medical university

- Recommendations from the Ministry of Health.



Dashboard

For monitoring and analyzing effectiveness



Rewards System

- Employees earn points for each completed exercise and compete with each other;
- Colorful personalized certificates are automatically generated in the Dashboard for the monthly winners;
- At the end of the year, companies choose additional rewards for their top employees.

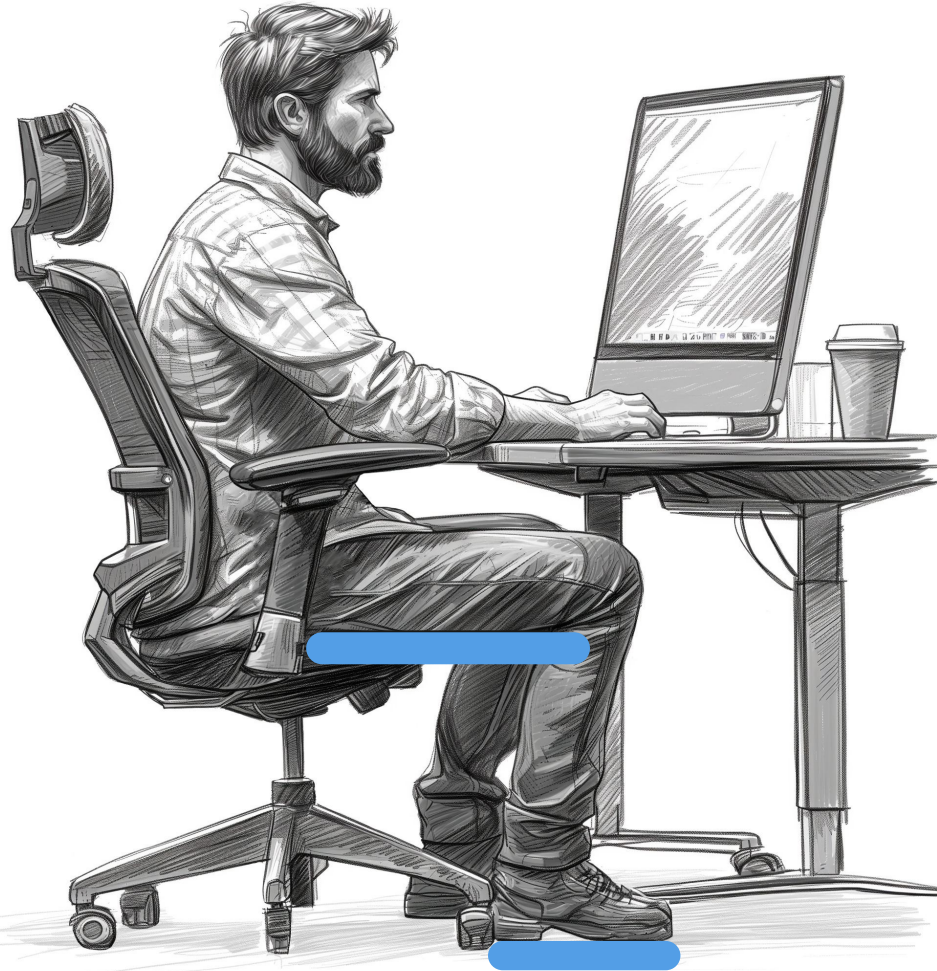


5 Useful Tests

for Proper Workspace Organization and Burnout Prevention

9:41

<



Chair Adjustment

Is your chair adjusted so that your feet are flat on the floor and your thighs are parallel to the floor?

No

Yes

3/12


Workstation Setup

9:41

< Reasons

○ My chair is too high

▼



If your chair is not adjustable and your feet are not standing flat on the floor, add a footrest so that your hips are horizontal to the floor

○ My chair is too low

>

○ My hips are not parallel to the floor

>

Next

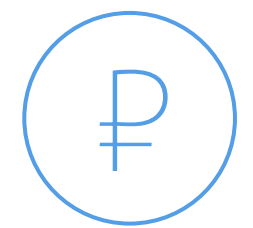
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Workstation Setup

Based on your test results, the recommendation algorithm will be adjusted.

For example, if your monitor is found to be too low, the app will suggest more frequent exercises to prevent neck strain.

Tracking Progress



Cost-effectiveness

9% reduction in the average duration of sick leave

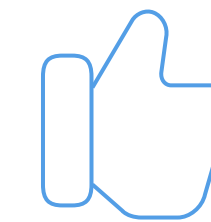
14% decrease in absenteeism due to sick leave



Employee Longevity

11% normalized their blood pressure, lost weight, or quit smoking

73% of the active participants reported an improvement in their well-being



Employee loyalty

37% highly rated the company's care for its personnel

23% installed the program for their parents, children, or relatives

More productive employees and fewer sick leaves in the company.

Pricing

the license is purchased for a period of 1 year



«Mega» Plan

\$4

per month per employee, with a one-time purchase of over **1 000 licenses**

\$48 per year

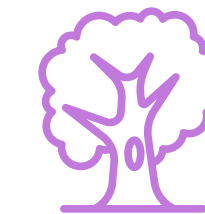


«Pro» Plan

\$5

per month per employee, with a one-time purchase **of 3 to 1,000 licenses**

\$60 per year



«Expert» Plan

\$199

per employee

✓ Monthly consultation with our certified methodologist **Mikhail Malikov**

Consultation duration: 60 minutes, conducted online in groups of up to 10 people.



What if I don't like it?

If within 14 days of using the corporate version something goes wrong, we fail to fulfill our promise, or cause inconvenience — we will return your money! No questions asked.

THANK YOU!

We can visit your company in person or conduct a remote video session



Azamat Salakhov

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office-health.app

Install Demo Version of Our App!