

Well-being in the flow of work



What is well-being in the flow of work?

The modern workplace is undergoing a transformation — and it's forcing companies to reevaluate how they show care for employees.

Well-being in the flow of work means reducing barriers to enable employees to find moments throughout the day to intentionally focus on their well-being, to feel good and to make purposeful change. In essence, living with purpose at work. We believe companies achieve this when they put well-being at the heart of the employee experience, promoting whole-person well-being — including physical, emotional, financial and work health — and deliver well-being experiences in the tools where employees spend their time.

Limeade enables organizations to deliver intuitive and intelligent well-being experiences throughout the day, even in micro-moments. We call this well-being in the flow of work.



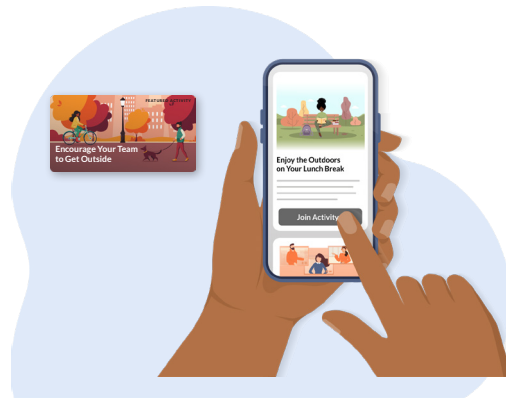
Micro-moments happen when you take time for gratitude, connection and small moments of self-care.

Meet your employees where they are

According to a recent survey from the Limeade Institute, nearly 60% of employees reported to be stressed or extremely stressed. [Our research](#) also shows **employees who feel they have higher well-being are 88% more engaged at work**. As work shifts to remote or hybrid models, companies need creative solutions to keep employees engaged – no matter where they work.

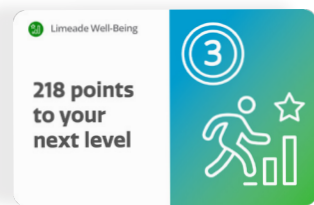
Collaboration tools are more than just a means for connecting employees, they're a way of life in the workplace, and they're here to stay. Technologies such as Microsoft Teams, Slack and Zoom have experienced triple-digit growth since the beginning of the pandemic – and [80% of businesses are now using collaboration tools](#).

Limeade is re-imagining the employee experience and how well-being can be integrated into the tools employees use every day.



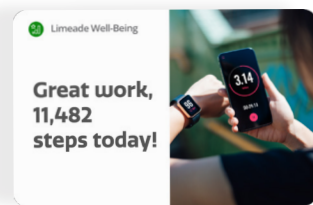
Well-being in the Flow of Work offers employers a channel to surface nudges and content in the tools employees use every day. Empowering employees to feel connected, inspired and engaged at work.

In the moment



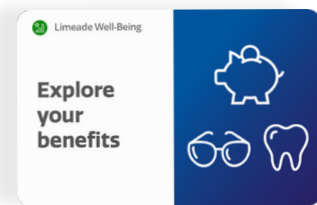
Infuse small moments of tranquility and energy into the day – nudges when you need them.

Intuitive and intelligent



Support whole-person well-being with personalized experiences that prioritize mindfulness every day.

Integrated and connected



Drive awareness and participation with an all-in-one solution that connects employees to key resources.

Available today in Microsoft Viva Connections. Coming soon in Microsoft Teams.

Limeade is an immersive employee well-being company that creates healthy employee experiences. Limeade Institute science guides its industry-leading software and its own award-winning culture. Today, millions of users in over 100 countries use Limeade solutions to navigate the future of work. By putting well-being at the heart of the employee experience, Limeade reduces burnout and turnover while increasing well-being and engagement – ultimately elevating business performance. To learn more, visit www.limeade.com (ASX listing: LME).