



WELCOME  
*to*  
MADE

*On Demand Employee Wellness*



FEATURED IN

Men'sHealth

GBNI

marie claire

Daily Mail

Health & Wellbeing

STYLIST

DAILY EXPRESS

Women'sHealth

SHEERLUXE

OK!  
magazine

The Economist

Mirror

Boots

The Telegraph

Huel®

closer  
WEEKLY

woman&home

IHUFFPOSTI

TOP Santé

### **Wellness on demand for businesses and their employees.**

Workplace wellness is no longer considered an added bonus but an absolute necessity. Organisations all over the UK and the world are prioritising the wellbeing of their teams, not just because it is the right thing to do, but because it helps the bottom line.

MADE on demand provides a solution without breaking the bank from as little as £2.50 per employee per month, your team will have access to our wellness subscription with 100s of videos, audios and downloadable resources.

We offer a holistic solution to wellbeing. Some employee wellness solutions offer just fitness alone whereas we offer a wide variety including fitness, yoga, coaching, meditation, nutritional information, healthy recipes, stress management, sleep therapies and mental wellbeing advice.

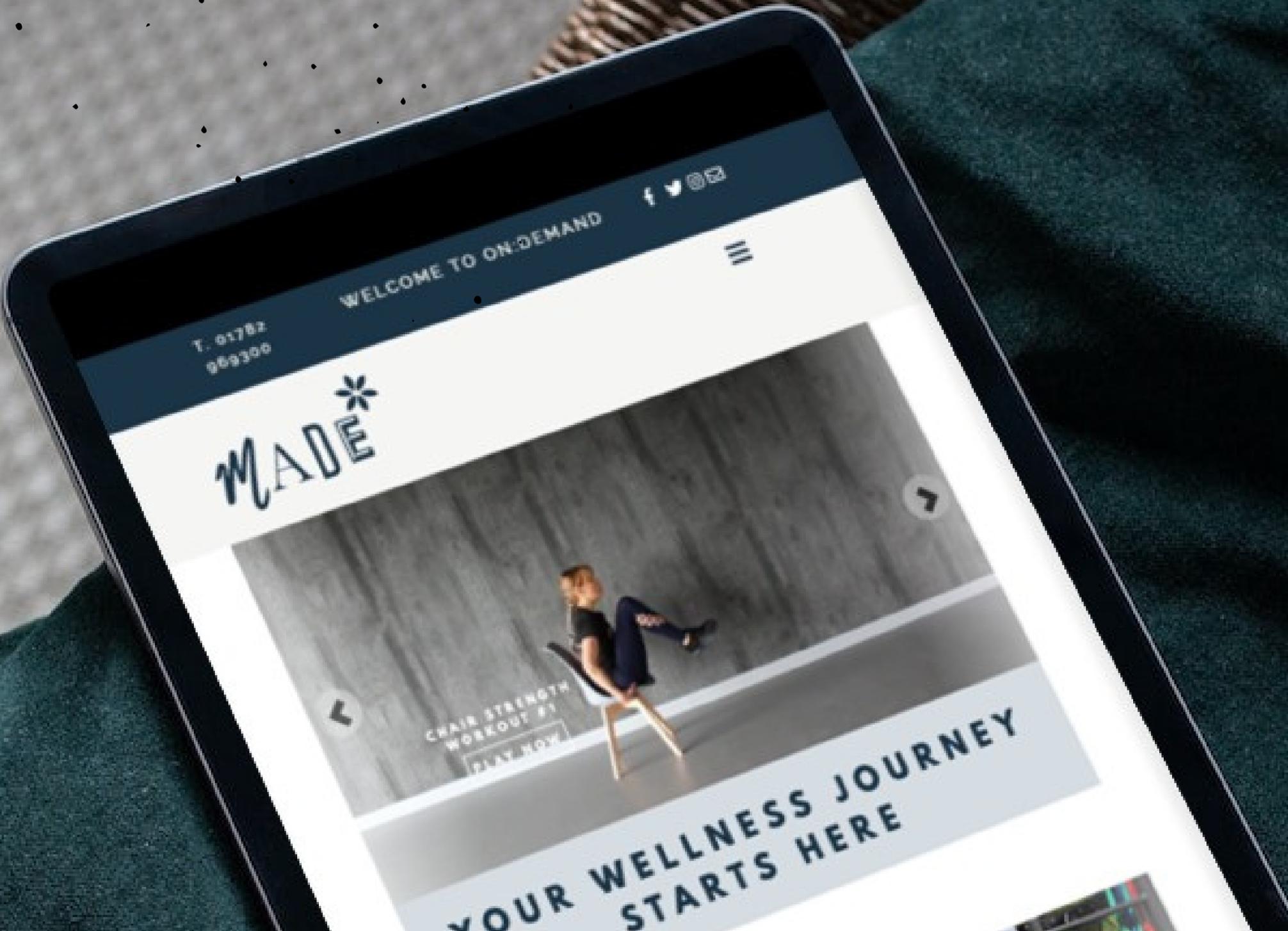


## THE CONTENT

All the content is available on demand so **your team can choose when & where they engage** with our wellness services. We want to help them make small changes to their life that make them feel good! Our handpicked experts provide credible virtual classes & workshops for all ability levels.

Our healthy lifestyle subscription aims **to help people get fit, have more energy, sleep better, reduce stress, eat well and feel motivated.**

Many of our videos are designed to work around work, fit into everyday life and help your employees create a balance, for example a lunch hour cardio blast... before bed meditation... learning yoga at the weekend... listening to motivational life coaching while walking the dog.





## wellbeing

Stress & anxiety | Morning meditation | Selfcare techniques | Sleep therapies | Self confidence | Positive Psychology | Learn to meditate | Breathing techniques | Workplace wellbeing



## yoga

Beginner courses | Vinyasa flow | Morning & evening practice | Individual yoga pose tutorials | Bitesize yoga classes | Yoga for better sleep | Yoga for specific muscle groups



## fitness

Lose fat | Improve overall fitness | Beginner programmes | Pilates | Advanced workouts | Full body | Post natal | Post injury | Low impact | Gym guides | Mobility, stretches & posture



## nutrition

Health tips | Cooking at home | Plantbased recipes | Nutritional info | Ingredient benefits | Healthy snacks | Smoothies & juices | Shopping list examples | Nutritional therapist advice

## PRICING

MADE on demand starts at £5 per person per month for a minimum of 3 subscribers. After that you receive a 5% discount every time you reach 10 users.

MADE on demand employee wellness subscriptions are paid for annually.

Each package would be bespoke to your business based on the rates in the table. For example, if you have 33 employees, you would pay  $£4.25 \times 33 \times 12 = £1683$  for the year.

You can upgrade the number of subscribers part way through the year and pay the difference for the remainder of the year.

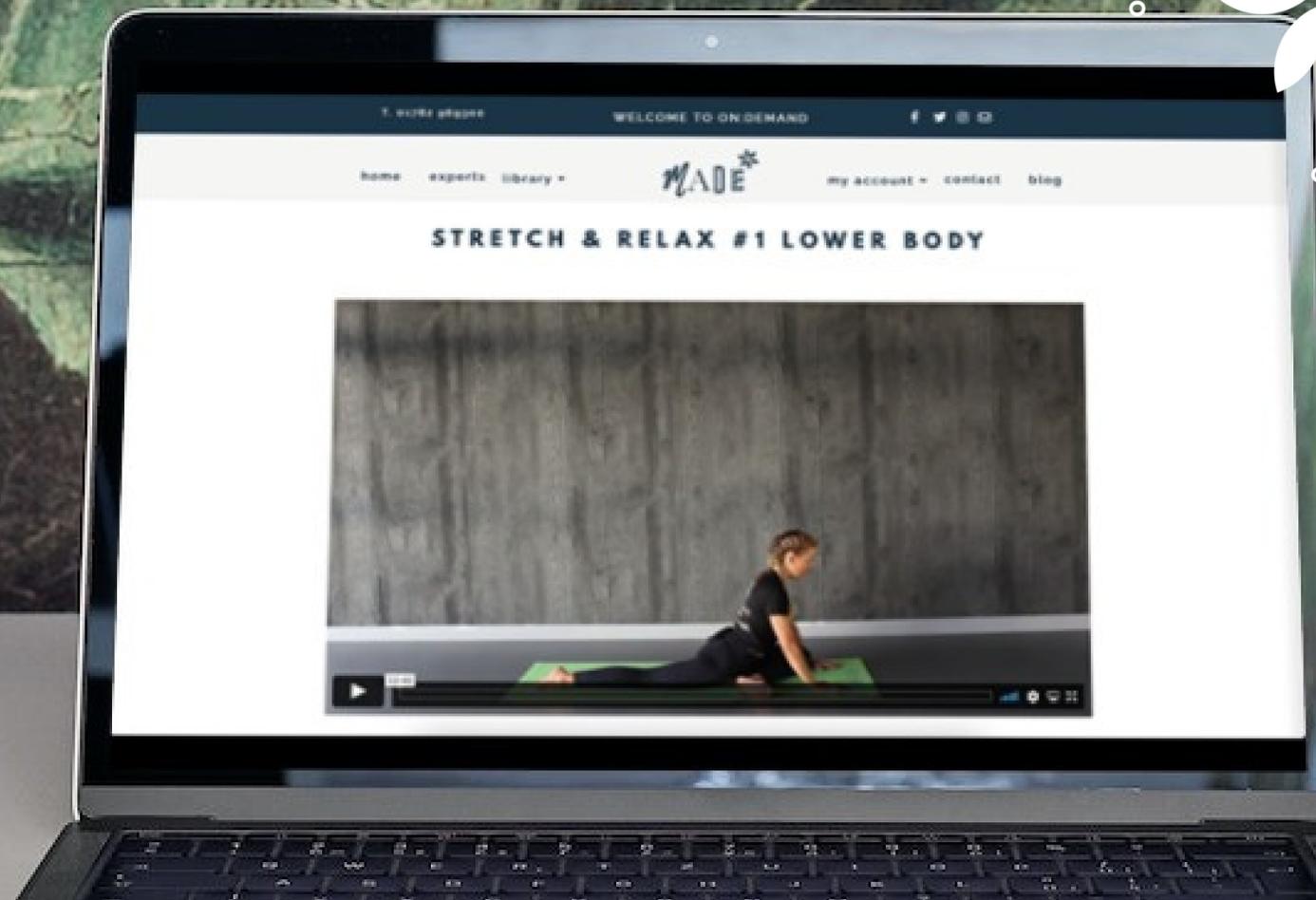
USERS	ANNUAL COST	COST PER USER
3-9	£180 - £540	£5
10-19	£570 - £1083	£4.75
20-29	£1080 - £1566	£4.50
30-39	£1530 - £1989	£4.25
40-49	£1920 - £2352	£4.00
50-59	£2250 - £2655	£3.75
60-69	£2520 - £2898	£3.50
70-79	£2730 - £3081	£3.25
80-89	£2880 - £3204	£3.00
90-99	£2970 - £3267	£2.75
100+	£3000	£2.50

For larger organisations please ask for a bespoke quote.

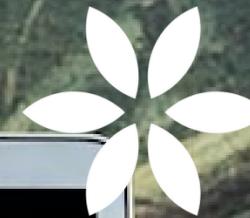
## FUNCTIONALITY

We ask that we have a main contact for communication and documentation. This could be the business owner or senior manager in a small business, but is usually a HR Manager or HR Business Partner.

You would sign up on behalf of the company & receive complimentary access to the platform for yourself. You would have complete control over who had access and can remove users at any time.



ON DEMAND



ON DEMAND

## FUNCTIONALITY

Upon signing up, you would receive an invoice, email confirmation and access to the site with the ability to register users and download handy guides including our MADE on demand **employee user guide** and ideas to get employees engaged with MADE on demand.

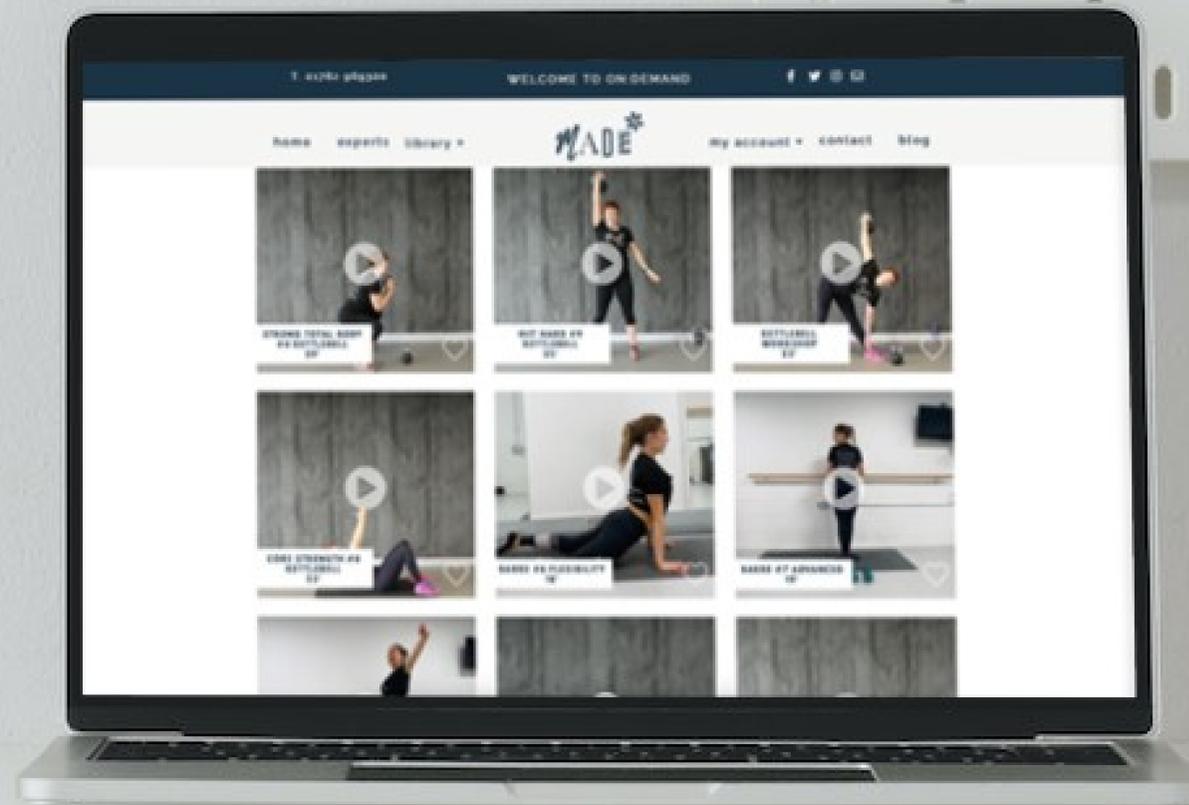
You can easily add and remove employee access with simply their name and email address. If you would like us to add the users for you, just send us a spreadsheet with First Name (column A), Last Name (column B) and email address (column C) and we can do this for you – this is popular with larger companies.

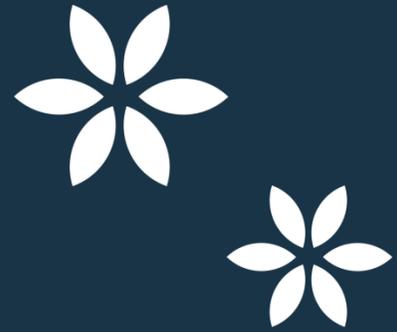
You will be able to see each user's last log in date, and the number of videos watched per person, so you can review engagement and see who is making best use of the wellness subscription. We have businesses who use usage data for incentives and competitions. The more you can encourage your team to engage with the platform and utilise the content, the better results you will see as a business.

**[www.welcometomade.com/corporate-wellness-on-demand](http://www.welcometomade.com/corporate-wellness-on-demand)**

## BENEFITS FOR YOUR EMPLOYEES

- easy access tips on your device
- content suitable for all from beginners to advanced
- no traffic on the road and no queuing at the gym = more time and less stress
- we could be an entire exercise regime or compliment your existing programme
- you can wake up and work out with no commute
- you can start the day right without leaving the house
- new classes are added regularly across all categories
- a range of experts, personalities and knowledge to suit all





**MADE on demand provides an affordable solution for SMEs that will help to:**

energise your workforce

prevent staff absence and burnout

increase engagement and retention

improve your employee's mental health

encourage healthy, happier lifestyles

promote an active, positive and inspiring culture in your business



**Did you know?**

82% of small-medium enterprise employers do not have a health & wellbeing strategy or wellness solution for their workforce  
(Axa PP Healthcare)

48% of UK employees experience workplace stress... increasing to 70% for working parents  
(Westfield Health)

80% of UK employees who have struggled with their mental health, believe that it negatively impacted their work  
(Opinium & The University Of Warwick)

42% of UK employees still feel like their employer does not support or care about their mental health and wellbeing  
(KnowYourMoney.co.uk)

32% of UK employees are unhappy with their current worklife balance and this is a common reason why people leave their jobs  
(KnowYourMoney.co.uk)

## GETTING STARTED

You can **SIGN UP NOW** and choose your level from 3-9 employees all the way up to 100.

If you don't fit exactly into one of the tiers and would like a bespoke price, please get in touch.

We can also arrange to demo our **MADE** on demand platform over zoom or teams so you can check out our wellness subscription before you sign up for 12 months.

Contact us now on at  
[ondemand@welcometomade.com](mailto:ondemand@welcometomade.com)



**EAT CLEAN  
TRAIN MEAN  
LIVE WELL  
STAY POSITIVE  
BE HAPPY**

*become made*

