

# Total Wellbeing Index (TWI)

using data to achieve the optimum health and productivity of your people



At LifeWorks we know how important it is to support your people mentally, physically, socially and financially so that they become happier and healthier while being productive and engaged.

Designed to help organisations gain insights into how they can better support employees to build more resiliency and stay more connected to their assigned work, the Total Wellbeing Index (TWI) uses predictive analytics to assess the health, productivity and engagement of an individual and the organisation. TWI maximises the value of LifeWorks for all employees by offering a personalised, data-driven action plan for each user.

## What's the Total Wellbeing Index (TWI)?

A behavioural-based assessment that measures four pillars - Physical, Mental, Financial and Social - and creates one comprehensive picture of the employees' and the organisation's total health.

- **Physical:** Biometrics, medical history, nutrition, physical activity, sleep and more
- **Mental:** Stress, anxiety, burnout, coping skills and resilience
- **Social:** Social support, isolation and more
- **Financial:** Debt, savings, behaviour

## The TWI Experience

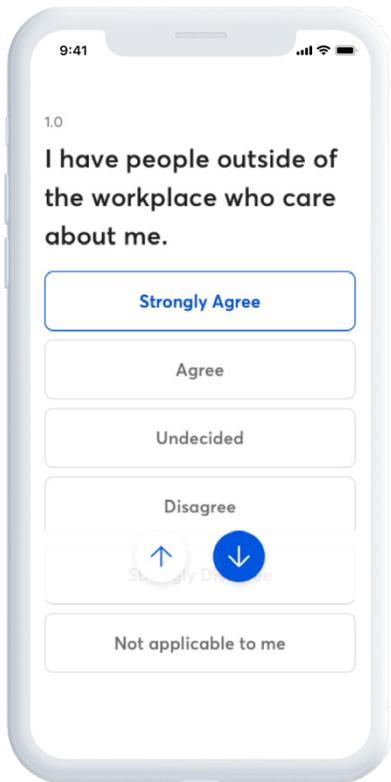
### TWI for Employees

- Health questions seamlessly built into the platform experience
- Personal health dashboard with immediate feedback and insights including scores and recommended programmes, digital training, wellness challenges and digital health programmes
- Direct, actionable steps to improve health and wellbeing across the 4 pillars

### TWI for Employers

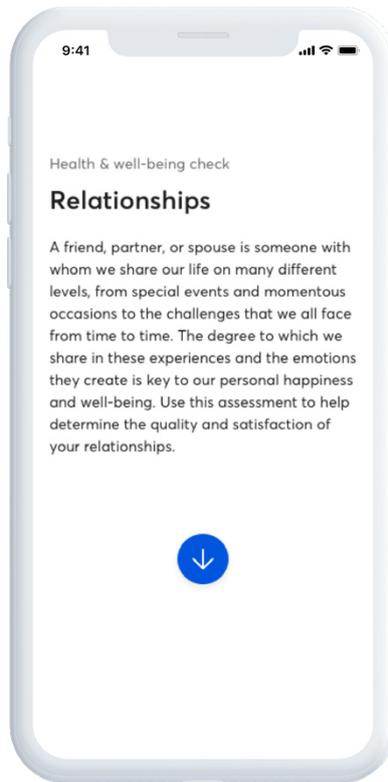
- On demand quantitative data built into the admin panel
- Company health dashboard with big-picture insights on your employees' health, wellbeing and productivity.
- Analytics that provide insight into drivers of key outcomes, which directs strategic actions that will have the most impact





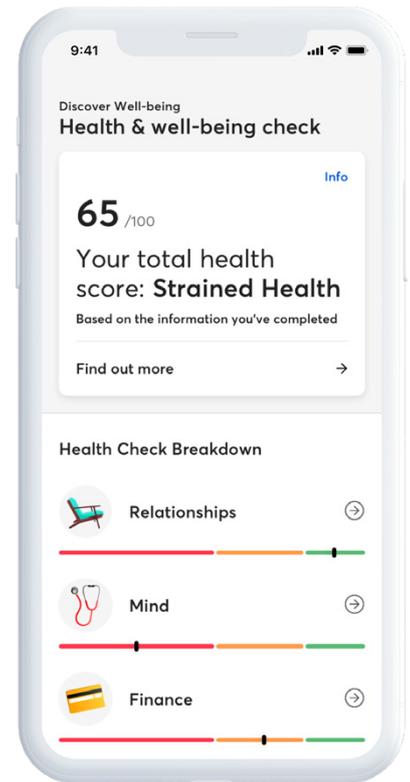
### Deep-learning health and wellbeing checks

Each employee answers a series of questions that relates to their mental, physical, social and financial health to establish their current health status.



### Easy-to-follow, user-friendly questions

Much more than a quiz, our health questions assess known symptoms and risk factors to provide informed, up-to-date proactive information.



### Personalised real-time scorecard

Each employee receives immediate, personal feedback upon completion of the survey regarding any areas of concern, along with suggestions to improve health.

## What are the benefits of the Total Wellbeing Index (TWI)?

### Actionable Insights

Enhanced online reporting and analytics are integrated with the data from the LifeWorks platform and Employee Assistance Programme (EAP) service.

### Engagement Metrics

Identification of user behaviour to better engage with 100% of your people while evaluating benefits plans and HR initiatives.

### Proactive Support

Use predictive analytics to provide insight into the drivers of health issues and productivity loss.

The **Total Health Index** tool can help organisations and their people to make better decisions that will benefit them in and out of the workplace. **Today and in the future.**

## What's the Total Wellbeing Award (TWA)?

The Total Wellbeing Award uses the results of the TWI to recognise leaders in wellbeing! **All organisations are eligible to participate – both clients and non-clients of LifeWorks.** Each participating organisation gets a confidential report that provides insight into how your people are really doing, and the best next steps. Leading organisations have the opportunity to get recognised publicly, and participate in our award ceremony. **The TWA recognises both leading organisations and the individual champions who support their organisations.** We also share aggregate data which offers insight into the practices that yield the greatest impact on wellbeing.