

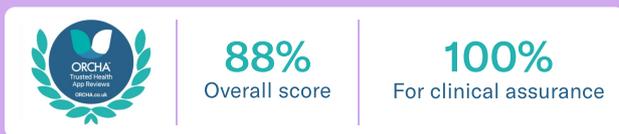
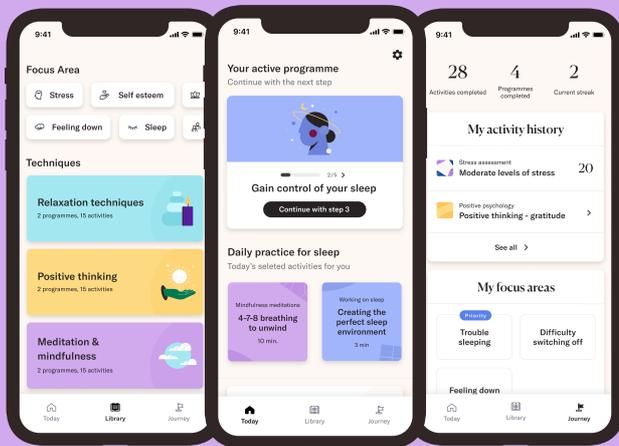
Mental wellbeing matters

In good times, and bad. And issues with mental health, stress and handling the ups and downs of life are as disruptive as they are commonplace.

83% of people will experience mental health issues by middle age* and 63% of workers** are ready to quit their jobs due to stress. This challenge, of balancing mental wellbeing with the obligations of work and home, led Koa Health to build Foundations, our science-based mental wellbeing app.

*Data from the Dunedin Cohort published in The Journal of Abnormal Psychology

**Data from the American Institute of Stress



Science-based support for your employees

With more time spent at home, people are increasingly turning to digital tools for mental wellbeing. But with more than 325,000 health apps on offer, how do you choose the right one?

Designed to help companies support employees' mental wellbeing, Foundations earned a score of **88%** from ORCHA, (a world leader in the evaluation of health apps) and a **100%** score in clinical assurance.

Our own internal studies support these findings. After using Foundations for a few minutes daily for two weeks, 9 out of 10 users reported feeling less stressed. Participants in our randomized clinical trial (RCT) also reported a positive impact on anxiety, stress, resilience, sleep and overall life satisfaction.

How Koa Foundations can help



Manage employee stress

Help your team handle stressful situations, get better sleep and build resilience with access to Foundations' evidence-based activities and programs.



Support mental wellbeing

Offer your team practical tools they can access from their phones to help them work towards a more balanced mental wellbeing with Foundations.



Track your progress

Use your Foundations employer dashboard to check in on mental wellbeing at your organization so you can make informed decisions and support your team.

To find out how Koa can provide your workforce with the practical tools to support their mental wellbeing, contact support@kohahealth.com to schedule a call with one of our experts.