



MENTAL WELL-BEING

Movis Online Assistant



Powered by:



for work and life

Our Service



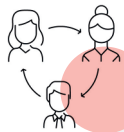
CARENOW

Individually accessible programs for employees to address stress, exhaustion and anxiety. CareNow gives users the flexibility they want in managing their own health – focused on positive behaviour change.



ASSESSMENTS

Motivate your employees to adapt their lifestyle. Personalised recommendations, tips and expertise based on easy-to-use assessments help identify health risks in the areas of the mind and body, as well as socially and financially.



CHALLENGES

Health and fitness challenges – both for individuals and teams – which motivate, inspire and energise employees to stay healthy and happy. The challenges can be integrated with all wearable fitness devices.



RECOGNITION

The “News Feed” section serves as an online communication and information system for the health topics of your company. It’s used for news and updates. Employees can use the system to give recognition to colleagues for great performance. This recognition is visible throughout the company, supporting a sense of belonging and creating a culture of appreciation.

Proactive Support via App

In addition to the Employee Assistance Program, we offer you the Movis Online Assistant, a powerful **digital platform** for companies, which promotes the well-being of employees in a preventive and active way.

Access to professional counselling in difficult life situations promotes the well-being of your employees as well as their health, motivation and performance.



DIGITAL PLATFORM

Your Benefits

ACCESS TO THE 24/7 EMPLOYEE ASSISTANCE PROGRAM

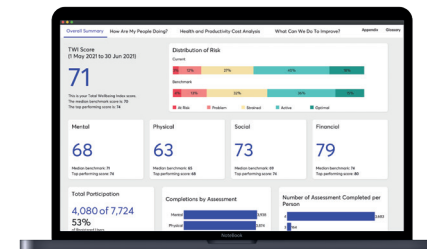
Supporting and promoting well-being through direct access to counselling via app.

MULTIMEDIA LIBRARY

Browse articles, videos and more, depending on user interest.

AVAILABLE IN 40+ LANGUAGES

German, French, Italian and English included.



Movis promotes the healthy and positive organisation of working and living environments.

Movis is a specialised counselling firm with decades of expertise in occupational health management. With our wide range of services, we support companies, management, HR and employees in the areas of prevention, early detection and integration.



Prevention

Strengthen health through preparedness



Early detection

Identify and avoid psychosocial risks, activate resources



Integration

Early intervention, avoid disability



Any Questions?

Please feel free to contact us for further information:

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