



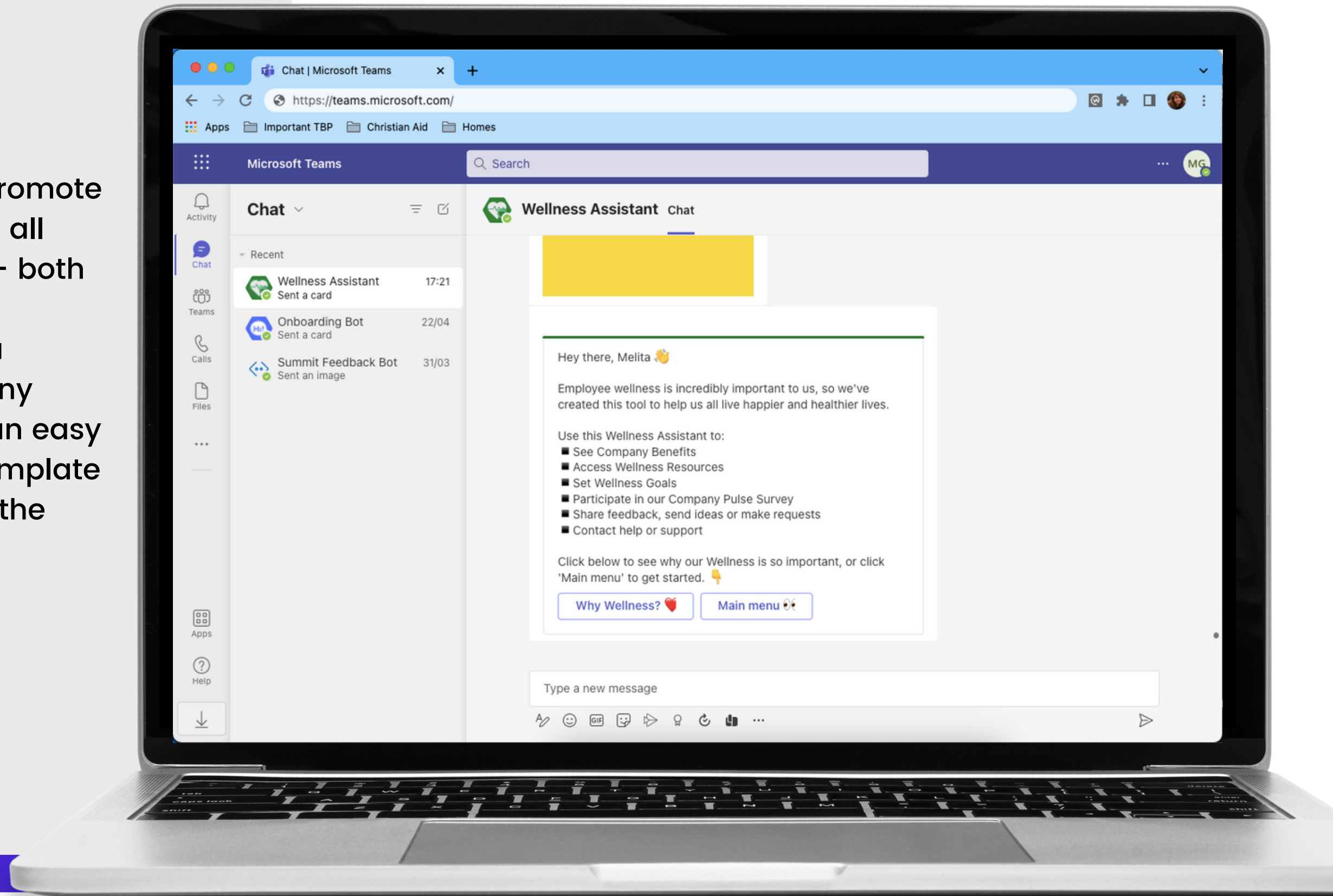
# Wellness Assistant

A tool to help employees live  
happier and healthier lives

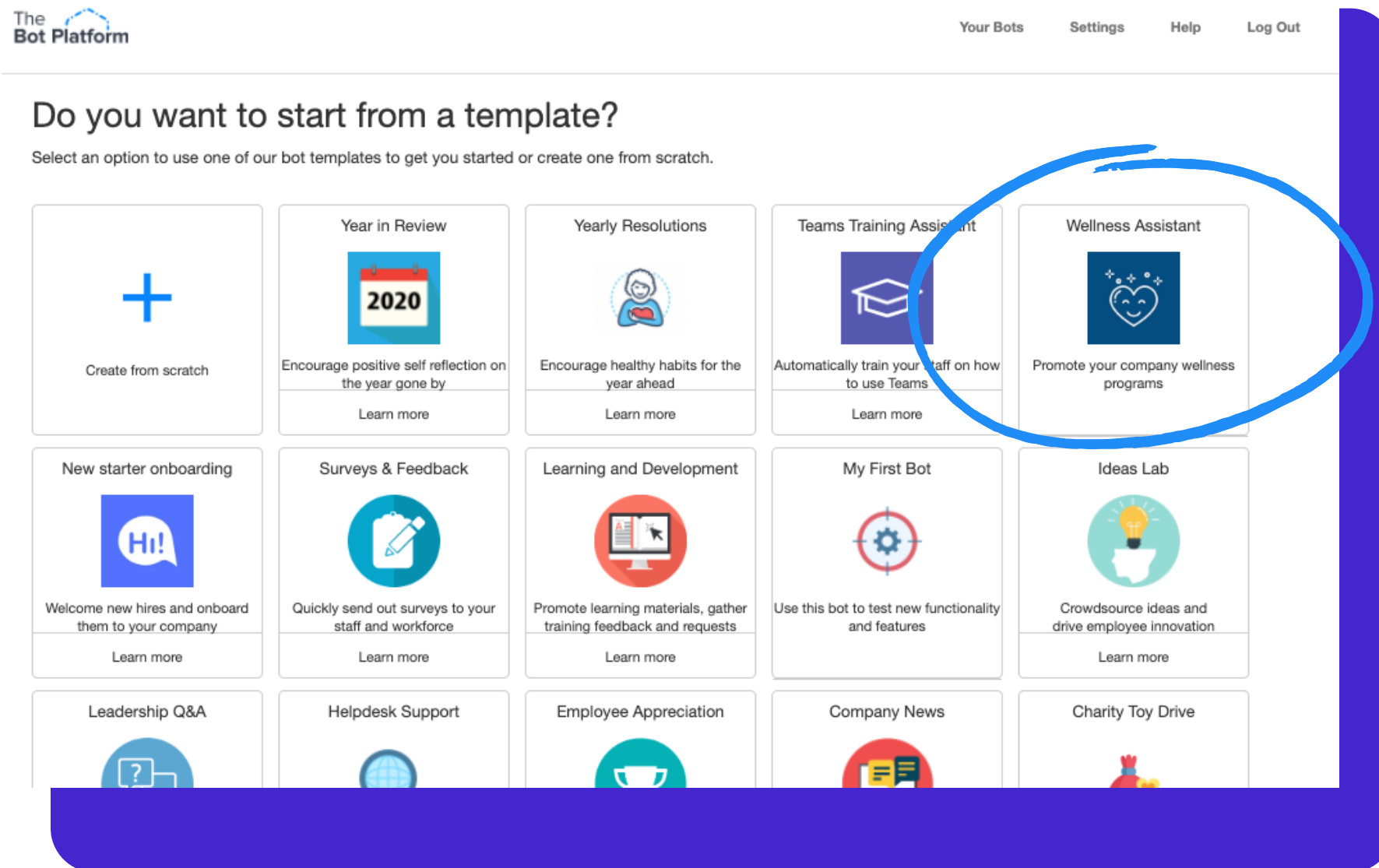
## What is the Wellness Assistant?

The wellness assistant allows you to promote your company wellness programs. We all know how important wellness can be – both our physical wellness and our mental wellbeing. Good overall wellness has a significant and positive impact on many aspects of our lives so we've created an easy to use, personalisable and scalable template for you to use. This template contains the following features:

- Company benefits
- Wellbeing goals
- Wellbeing quizzes
- Wellbeing surveys
- Get help or contact support



## How to get started on your template



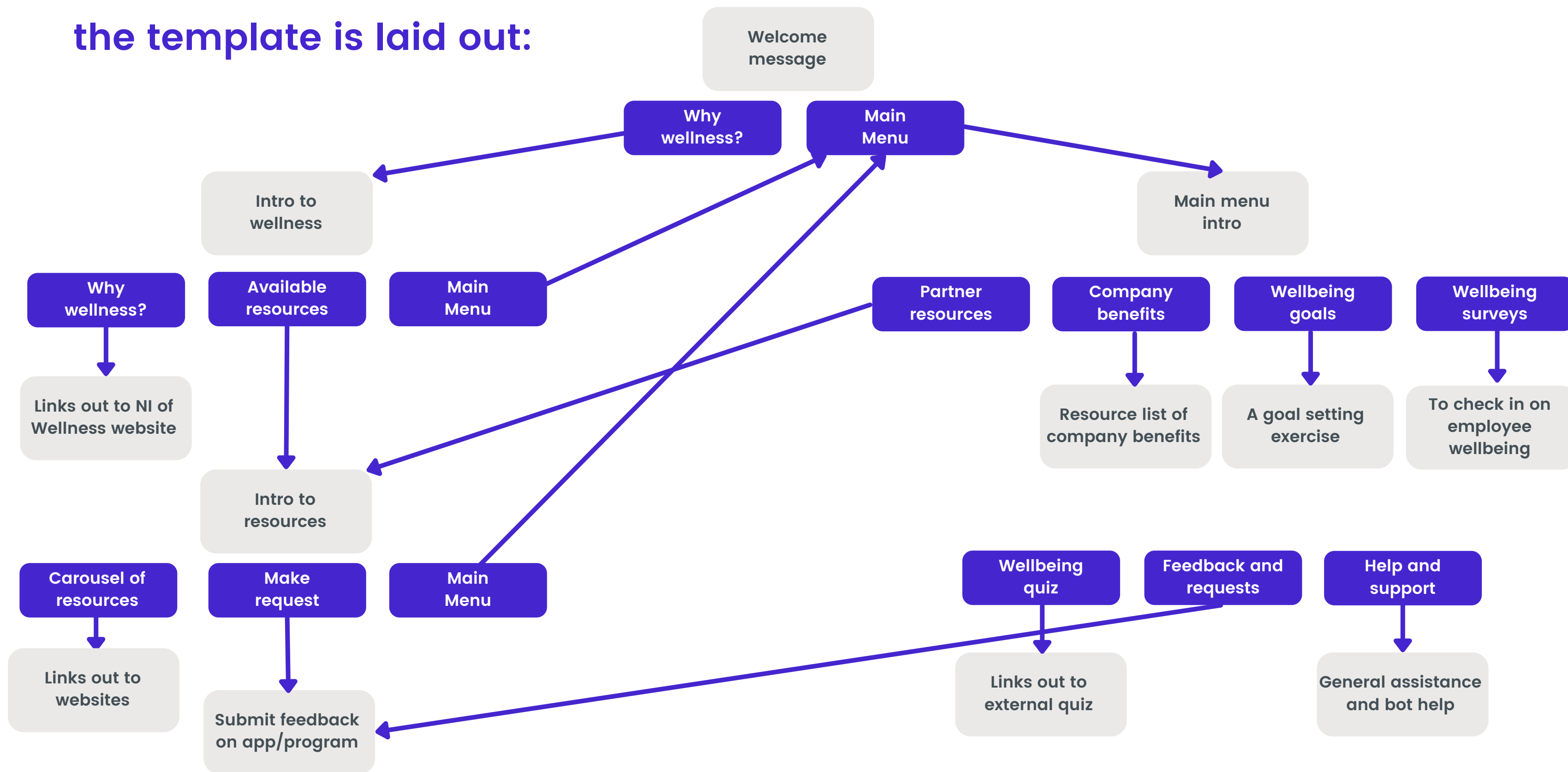
Head on over to the platform and click the blue "Create new bot" button on your homepage. You will be taken to the template library where you'll find a selection of templates, including the Wellness Assistant Bot.

Simply select the Wellness Assistant Bot tile and name your bot. And that's it! You can then go ahead and connect, personalise and launch your bot. We'll outline what the template includes over the next few slides.

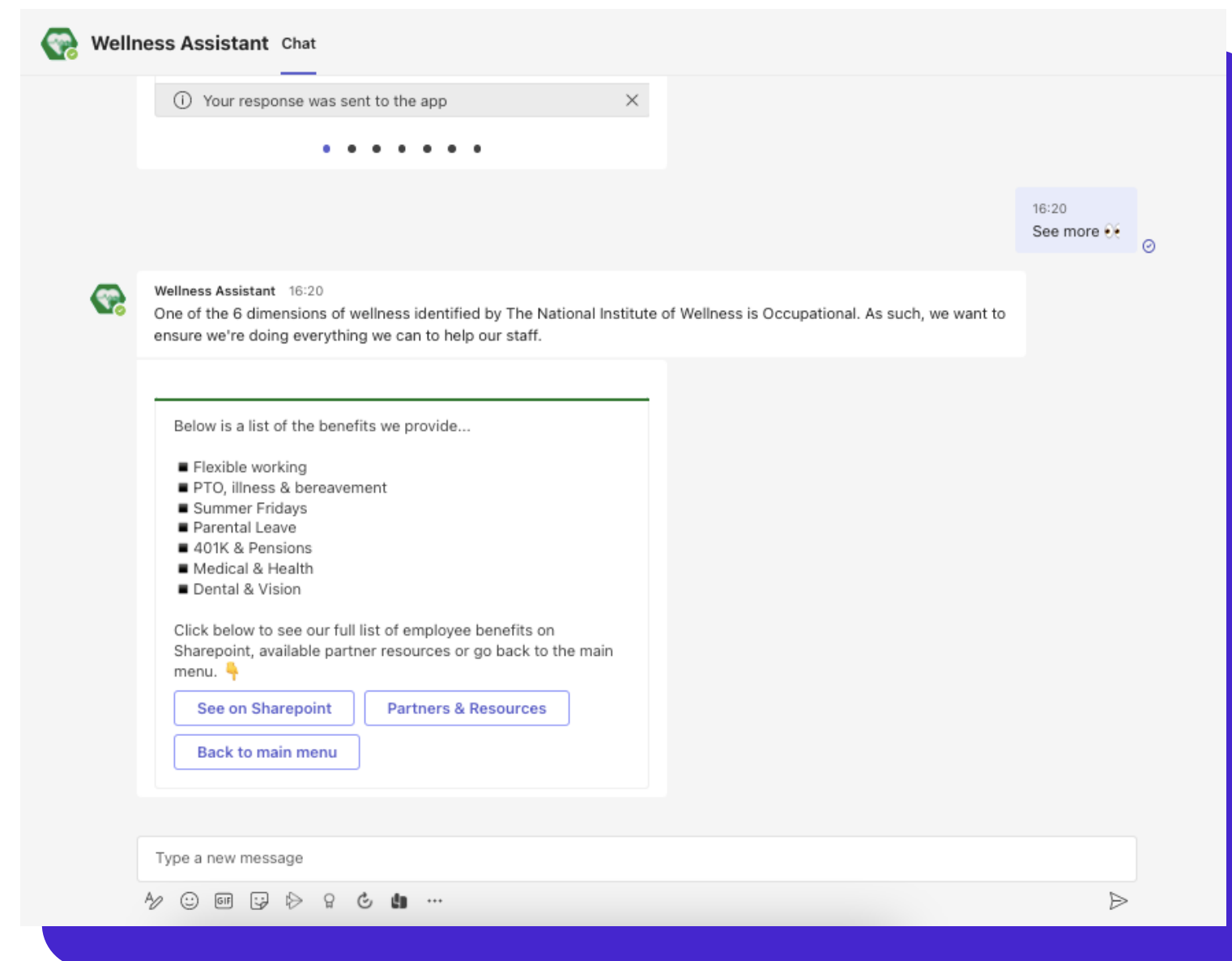
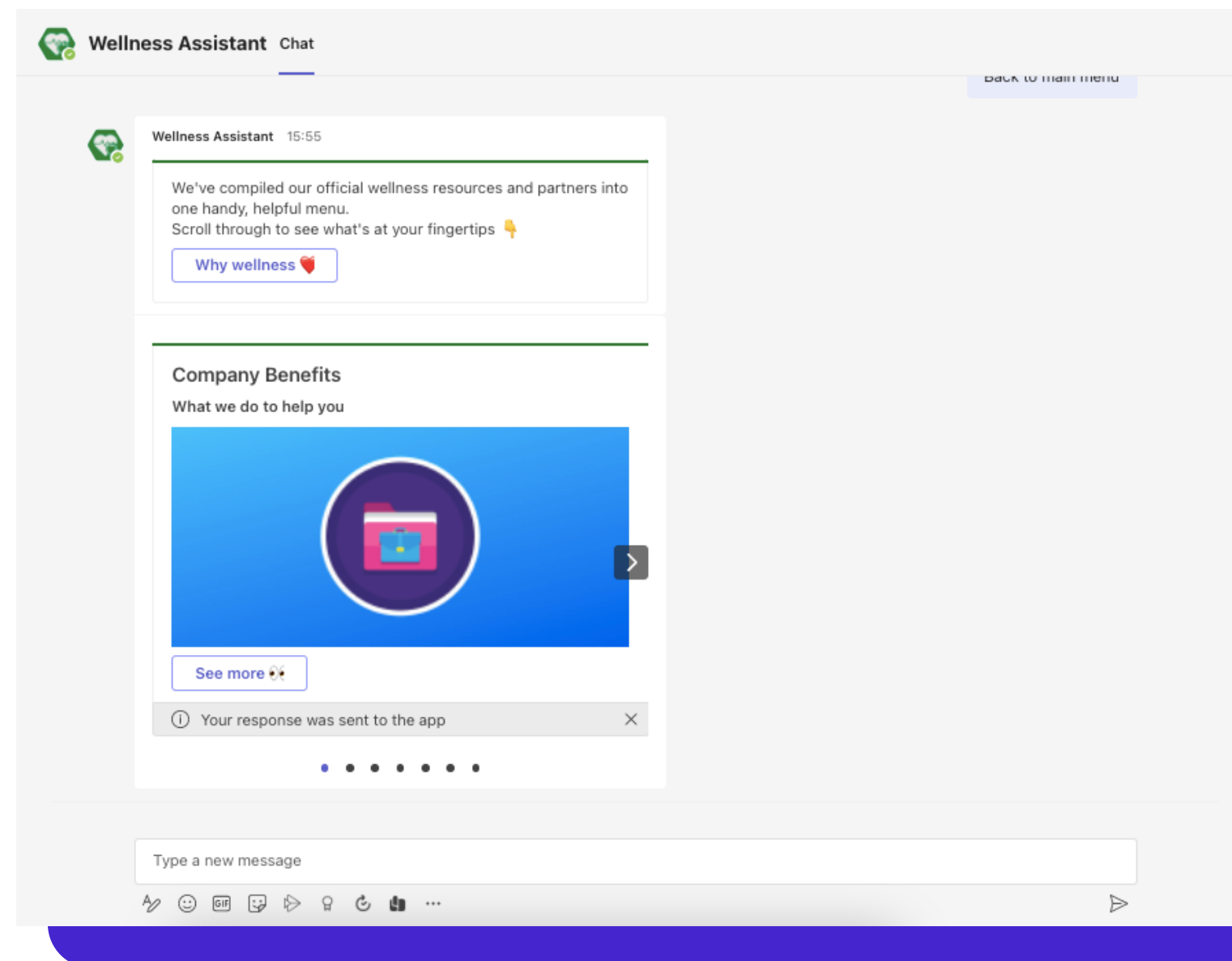
### Top tip

Once you've selected your template, and named your bot, you will be taken to your bot. You can explore the messages within the template through navigation mode. Simply go to the welcome message, then click "Switch to Navigation Mode" in the message preview box.

Here is an overview of how the template is laid out:



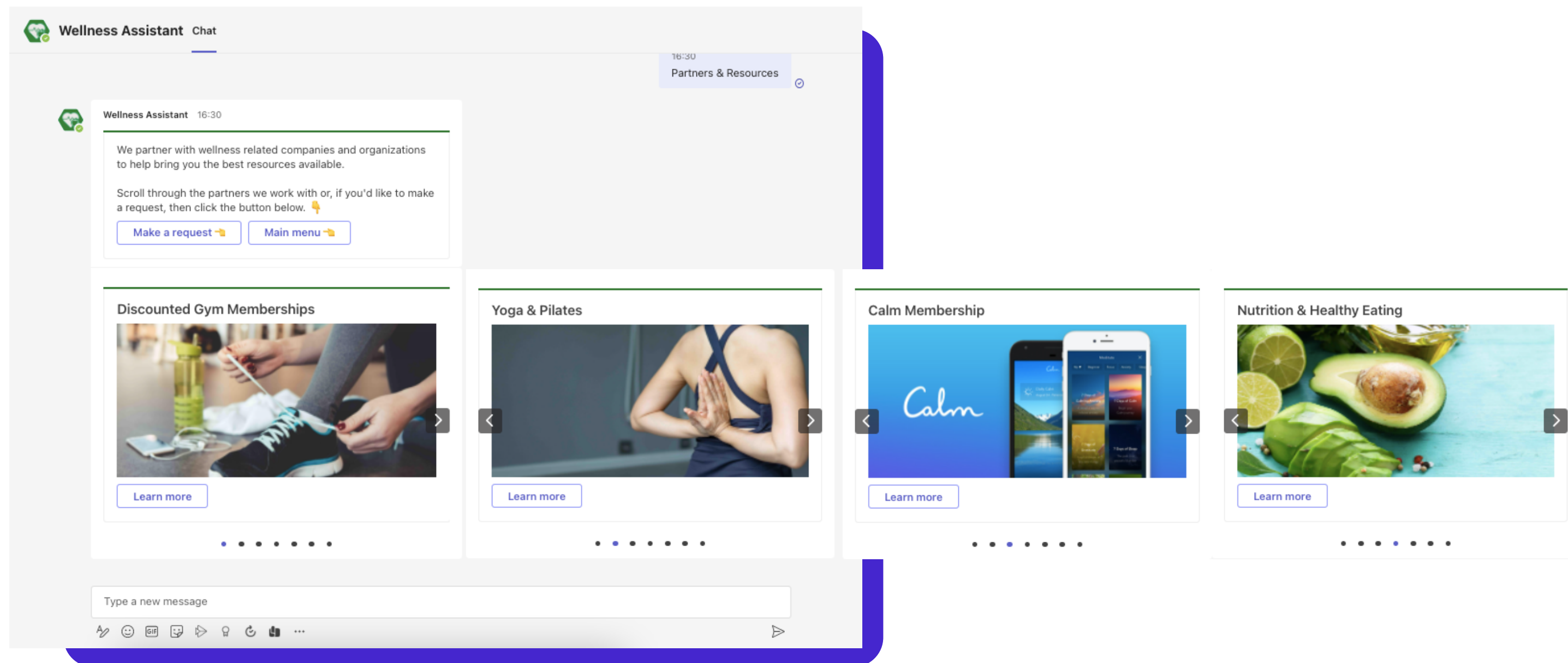
## Company Benefits



The company benefits section allows you to give an overview of your benefits policy. You can keep it brief then link out to a pre-existing policy document (as seen above) or you can incorporate more details by adding more text and carousels. We've also linked the company benefits section to the partner and resources section which you can find out more about below...

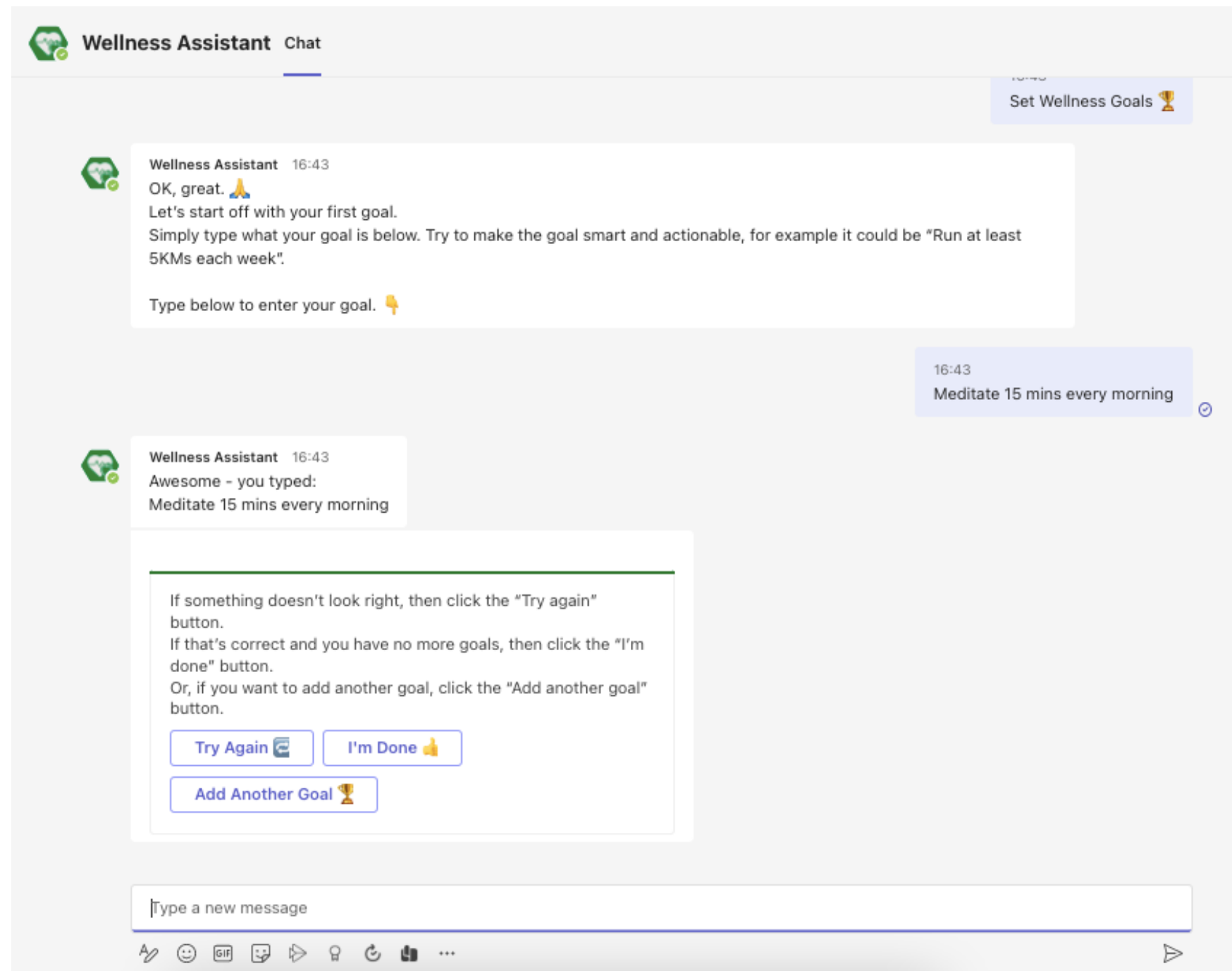


## Partners and Resources



Easily share partner-affiliated or internal wellbeing initiatives using a simple carousel. Each carousel button can link out to a URL or to more content within the bot. We've added a request button too, so users can easily request resources if they need it. Since carousels are fully customisable, you can even make these resources seasonal i.e suncare for summer etc.

## Wellness Goals



Wellness goals encourage users to set smart and actionable goals that they can stick to over a period of time.

Users can enter as many goals as they want, big or small. The bot will then save these goals using attributes. This is a great way to keep employees motivated to keep a wellness goal in mind.

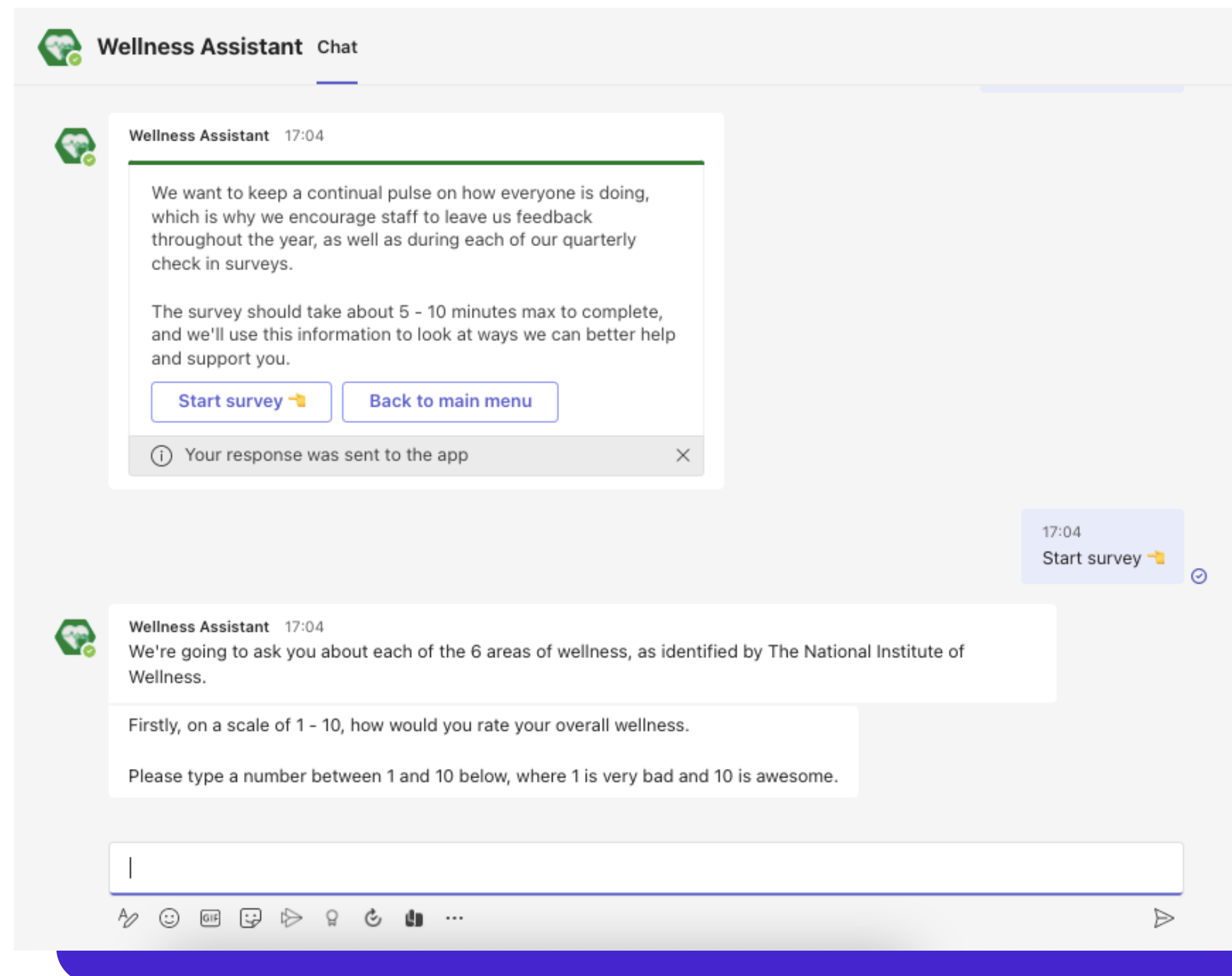
### Top tip

Remember to set up a recurring broadcast to remind employees of their wellness goals. You can set these recurring broadcasts to any cadence, whether it's weekly, monthly or biannually. You can find out more about recurring broadcasts [here](#).

## Wellbeing Survey

Wellness Surveys allow users to share how they're feeling and doing. These surveys can be short and to the point, i.e. simply asking a user how they feel on a scale of 1-10. They can also be more in depth, so we've included 10 blank questions within the template so you can add as many questions as you require.

You can use a combination of buttons and Q&As to receive responses from each user. You can even build a survey that collects data anonymously – simply uncheck any PII in the attributes list when you download data.



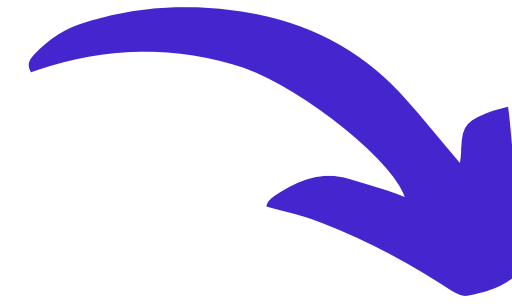




## Feel inspired?

If this sounds like the perfect engagement experience for your employees or colleagues, then please get in touch with the CX team at The Bot Platform. We're always happy to help and discuss any idea big or small.

If you've got the inspiration, then we've got the technical means and know-how to make it happen.



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