Better health. Stronger teams. Together.

Colleagues motivate each other to get active and work out. The result: **healthier people and stronger team spirit**, in any country or language.



HOW IT WORKS

4–6 weeks. In teams. For everyone.

Everyone logs workouts, shares photos and cheers each other on. A brisk walk counts as much as a marathon.

My team. Workouts and cheering – every day.

The company. One shared feed for all colleagues.

The leaderboard. Team vs team, We+ Awards at the finish.

OUR STRENGTH

Engagement like nothing else.

We+ connects colleagues and departments. Employees get to know each other in a new way, people look forward to coming to work, and team spirit soars – from a single office to a global organisation.

27 300

social interactions when **100 colleagues** take part – 273 per participant.

RESULTS · MEASURABLE EVERY TIME

+56%
more exercise on average

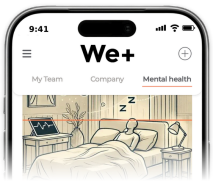
85%
fewer inactive employees

4.1
workouts per week

269 min
exercise per week
(WHO rec. 150 minutes)

INCREASED EXERCISE LEVEL · PER CUSTOMER





INSPIRATION

Mental health. And content tailored to you.

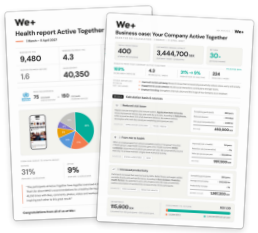
A dedicated in-app feed with tips and exercises on stress, sleep and balance. Together we also create inspiration content on topics such as exercise, nutrition and recovery.



MINIMAL ADMINISTRATION

Ready-made communication.

Invitation, poster, sign-up page and weekly newsletter.



REPORTING AND INSIGHTS

Results to show. The day after the finish.

Health report for all employees, ROI analysis for leadership.

Questions? Contact **oskar@weplusglobal.com** or **mikael@weplusglobal.com**

Book a demo