



WELLNESS IS IN YOUR HANDS.

Our social wellness platform makes getting healthy easy. We provide all the tools you need to lead a healthy life and have fun with colleagues. Improve your well-being with convenient, on-the-go health content and make significant changes in lifestyle habits. Find everything ready to use in one place: your phone.

Employee well-being is no longer just a “nice to have”—it’s a critical part of your business strategy. Engage your entire organization—not just individuals—and achieve sustained behavior change backed by comprehensive wellness analytics.

Improve Engagement

Our social wellness platform helps colleagues feel great and get more done. Employees who are healthy and engaged go the extra mile, provide better customer service and significantly improve company profitability.

Shape Culture

When employees feel good they enjoy coming to work, they are more energetic and they inspire each other to be happier and more productive. Our social wellness platform helps to encourage cooperation and reduce silos. Become an improved, sought after workplace.

Reduce Costs

Have you ever considered how much unhealthy habits cost an organization? Not just in excess medical and disability costs, but also in increased absenteeism and turnover. Our social wellness platform helps you to spend less time recruiting and get more loyalty from your top performers.

Learn health habits

Our gamified content is created by certified, health professionals. With simple health tracking, it takes just a few minutes a day to log and see your habits improve over time.

Get to know your team

Our wellness challenges provide fun structures, accountability and positive social reinforcement to help people easily achieve their health goals.

Play on-site or remotely

Easily take advantage of our social wellness program across multiple offices. Even people with busy schedules or on the road can participate and stay healthy.





Try one of our 5 fun wellness challenges!



5 Pillars of Health
Overall Health



Inner Power
Mindfulness



Great Health Treasure Hunt
Exercise



Healthy Foodie
Nutrition



Adventure Atlantis
Hydration

Some of our clients include:



Our users love it...

85%

85% of users engaged every single day

92%

92% of users improved lifestyle habits

85%

85% of users want to play again

...so do our clients!

"We are really pleased with the number of people playing. It is a very fun program to follow and very easy to use application (even for us older folk)."

-Isabelle Lavigne, CHRO, Rideau

"We are very pleased with the success of the program. Some of us took advantage of the challenge to get fit, others found the motivation to adopt better habits. For a health-focused organization like ours the Pratique Health tool has its place!"

-Paul Gauthier, PM, Desjardins

"A very positive experience."

-HR advisor, Sid Lee

