

January 2020

ONLINE-TOOL BETTER HOMEOFFICE



movement24
Betriebliches Gesundheitsmanagement

WHY BETTER HOMEOFFICE?

Working from the home office brings with it new challenges.

Many employees lack the personal exchange with the team, the structure of a regular working day or simply the infrastructure of a professional workplace.

This makes it all the more important to support employees in their home office to remain productive, healthy, energetic and focused.

Therefore, the online-tool **Better Homeoffice** offers your employees access to articles, videos and expert interviews on important health promotion topics. In addition, the many different contents can also be transferred to the office life.

Take a look at the demo version:

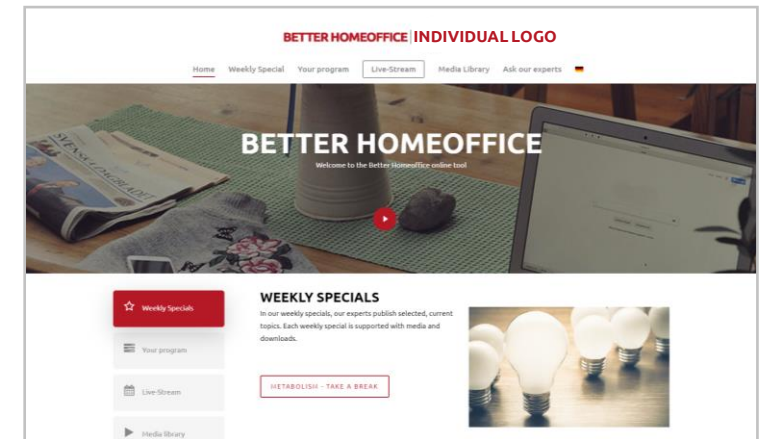
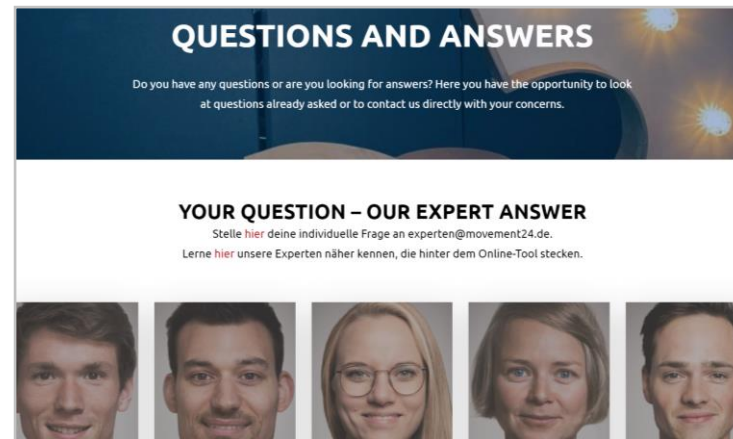
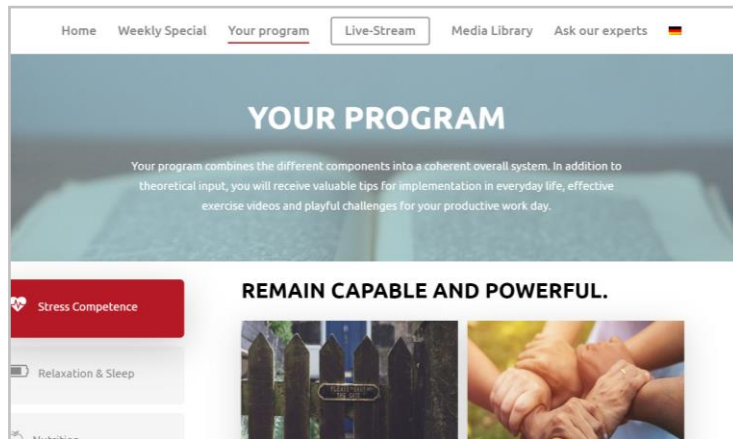
<https://demo-better-homeoffice.movement24.de/en/>



BASIC MODULES



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- **Articles, videos, challenges and expert opinions** on the most important health topics in the home office from the areas of ergonomics, exercise, nutrition, stress and sleep & rest. Our experts publish selected and current topics in our **weekly specials**.
- Our **health experts** answer your employees' questions, and the **home officer** provides them with tasks for the working week in their e-mail inbox. The **self-check** guides the user at the beginning, in order to make the start easier.
- We provide you the online tool with your **company logo** via **your own URL** and supply you with **templates for internal communication**.

OPTIONAL MODULES



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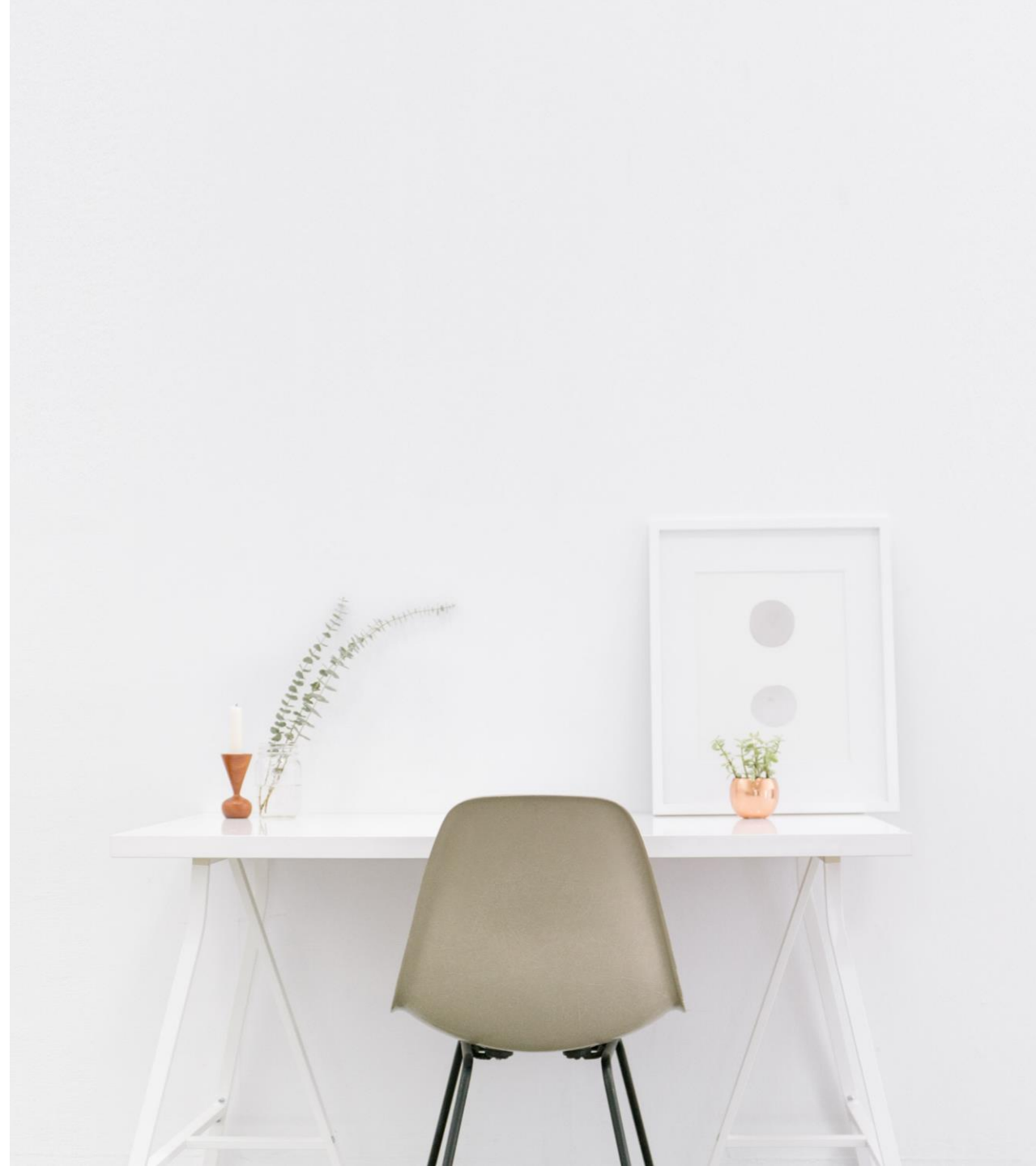
JANUARY		FEBRUARY 2021							SEARCH
MO	TU	WE	TH	FR	SA	SU			
1 16:16 - 17:38 TIME TO MOVE 17:30 - 17:50 LUNCHTIME WORKOUT	2 07:48 - 08:30 MORNING WORKOUT	3 12:30 - 12:48 RELAXING BREAK	4 07:30 - 08:00 WAKE UP WORKOUT	5 11:28 - 11:48 TIME TO MOVE	6	7			
8 12:30 - 18:12 MOBILITY WORKOUT		9 12:30 - 13:18 TIME TO MOVE	10 10:16 - 10:18 YOGA	11 17:30 - 18:18 HEALTHY BACK					
15 16:16 - 17:38 TIME TO MOVE 17:30 - 17:50 LUNCHTIME WORKOUT	16 07:48 - 08:30 MORNING WORKOUT	17 12:30 - 12:48 RELAXING BREAK	18 07:30 - 08:00 WAKE UP WORKOUT	19 11:28 - 11:48 TIME TO MOVE	20	21			
22 16:16 - 17:38 MOBILITY WORKOUT		23 12:30 - 13:18 TIME TO MOVE	24 10:16 - 10:18 YOGA	25 17:30 - 18:18 HEALTHY BACK					



- Moving break, yoga, functional training and much more: With 10 course units per week, our **live stream** provides your employees with various movement and relaxation units every day. All classes are also available **on demand**.
- Would you like to provide your employees with additional formats? We offer you numerous **online lectures**, **individual coaching** or **impulse streams** (e.g. resilience) that can be integrated into the online tool.
- We integrate your **video message** to your employees on the start page to enable an even more personal approach.

THE ADVANTAGES AT A GLANCE

- With the help of the online-tool, you can also take **responsibility for the health** of your employees and **stay in touch** with them – no matter if they work at home, in the office or on the go.
- Your employees will have access to **pragmatic support, clever strategies** and **concrete instructions** for their everyday work in the home office.
- You receive a **company-specific version** with your own URL and company logo. It can be used without entering personal data.
- We provide you with templates for **internal communication**.
- You will receive **regular updates** with new content and additional features - these are already included in the monthly price (from 0,40€ per employee).
- **You decide** how long the online tool is available. Use can be terminated on a monthly basis.



REFERENCES



"Within a very short time, movement24 has put a super tool on its feet which has convinced us directly due to the bundling of the topics of ergonomics in the home office, nutrition, movement, sleep and relaxation and stress management. We are looking forward to make the tool Better Homeoffice available to our employees."

**Mona Lehleiter, Junior Specialist People Development,
ProSiebenSat.1 Media**

"movement24 has again developed a great product. It is optimally adapted to the needs of the current time when people are increasingly working from home. Due to the variety of topics there is something for everyone. This is also confirmed by the number of users and positive feedback from our employees. Thank you very much for the excellent cooperation!"

**Tanja Nachtmann, Consultant People Development,
Kath. Jugendfürsorge der Diözese Augsburg e. V.**



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OFFER

Would you like to make the online tool available to your employees or do you have questions about the product?

Please contact me for an offer or a personal conversation. I look forward to your feedback!

Best wishes,

Alina Berger

You can best reach me at:

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