



# Wellness+ and MiOK To Monitor Staff Health

# Fulfilling our purpose

These two initiatives have been driven by DB Results' desire to **support our staff (and others)** in the wake of these events.

We have combined our health expertise and technological capabilities to develop **Wellness+** and **MiOK** to support business, communities and individuals in need.

The business of **helping** those in need is deeply ingrained in how we approach our work.



# Some of our Medical and Philanthropic Partners and Customers



**Mahidol University**  
Faculty of Medicine Siriraj Hospital



# Background – Wellness+

DB Results has always had a large focus on staff health and wellbeing.

We offer our staff:

- resources (e.g. EAP services)
- initiatives (e.g. sponsor staff participation in triathlons)
- health checks (e.g. sponsor executive health checks).

**Wellness+** adds another dimension to this goal

- offers our staff the tools and resources to check in on themselves and add wellbeing into each day.



# Our digital solution to support staff

**Wellness+** has been developed to provide individuals with the tools to take control of their own Health and Wellbeing

Since the Coronavirus pandemic **Wellness+** offers additional features:

- body temperature tracker and graph
- checklist of symptoms for Coronavirus
- Information, notifications and company updates
- Links to important government health alerts
- Potential added featured for working with vulnerable populations e.g. aged care centres and hospitals



# Key Features of Wellness+



Health Graph



Timeline



Wellness Check

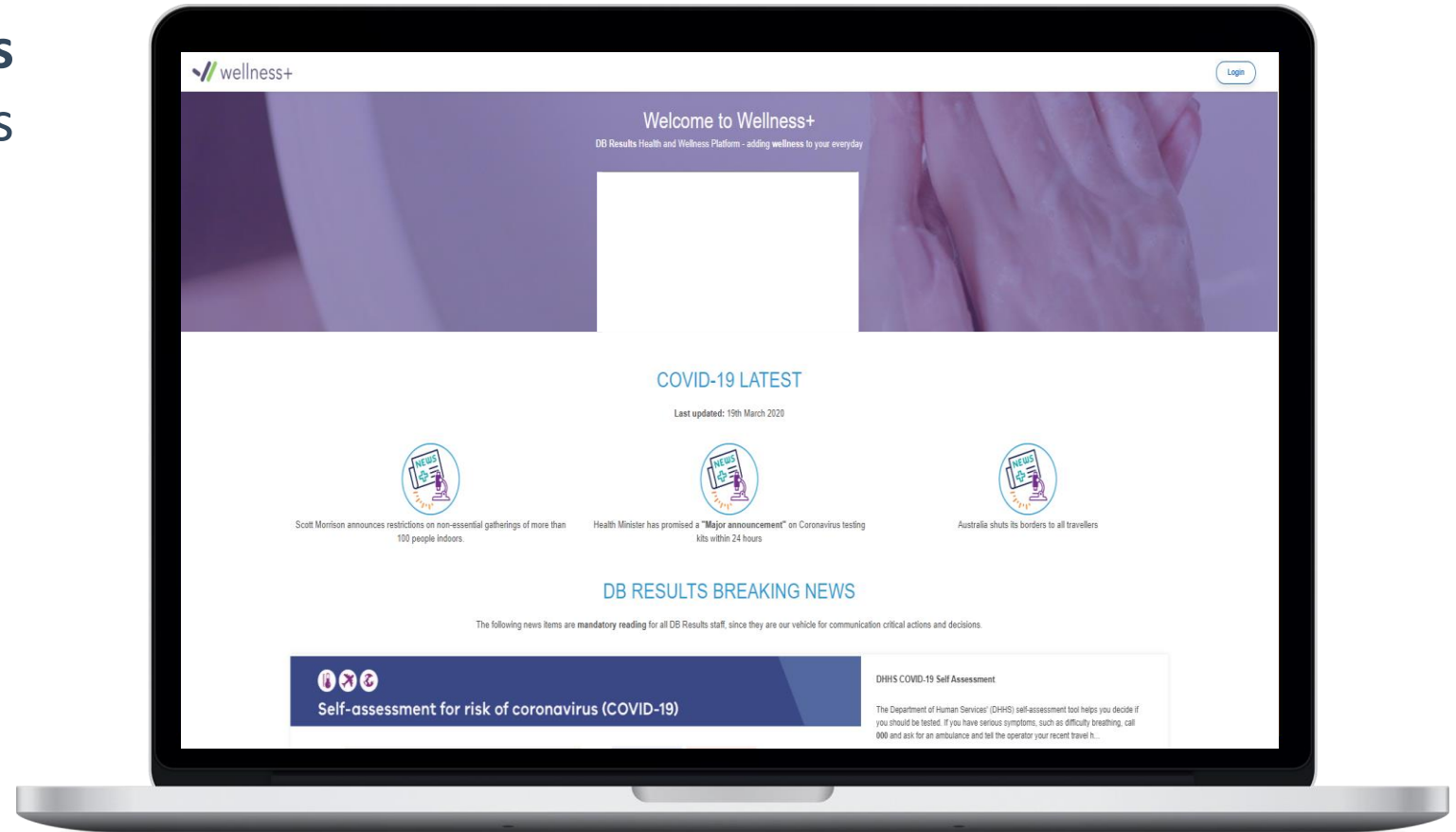


My Resources



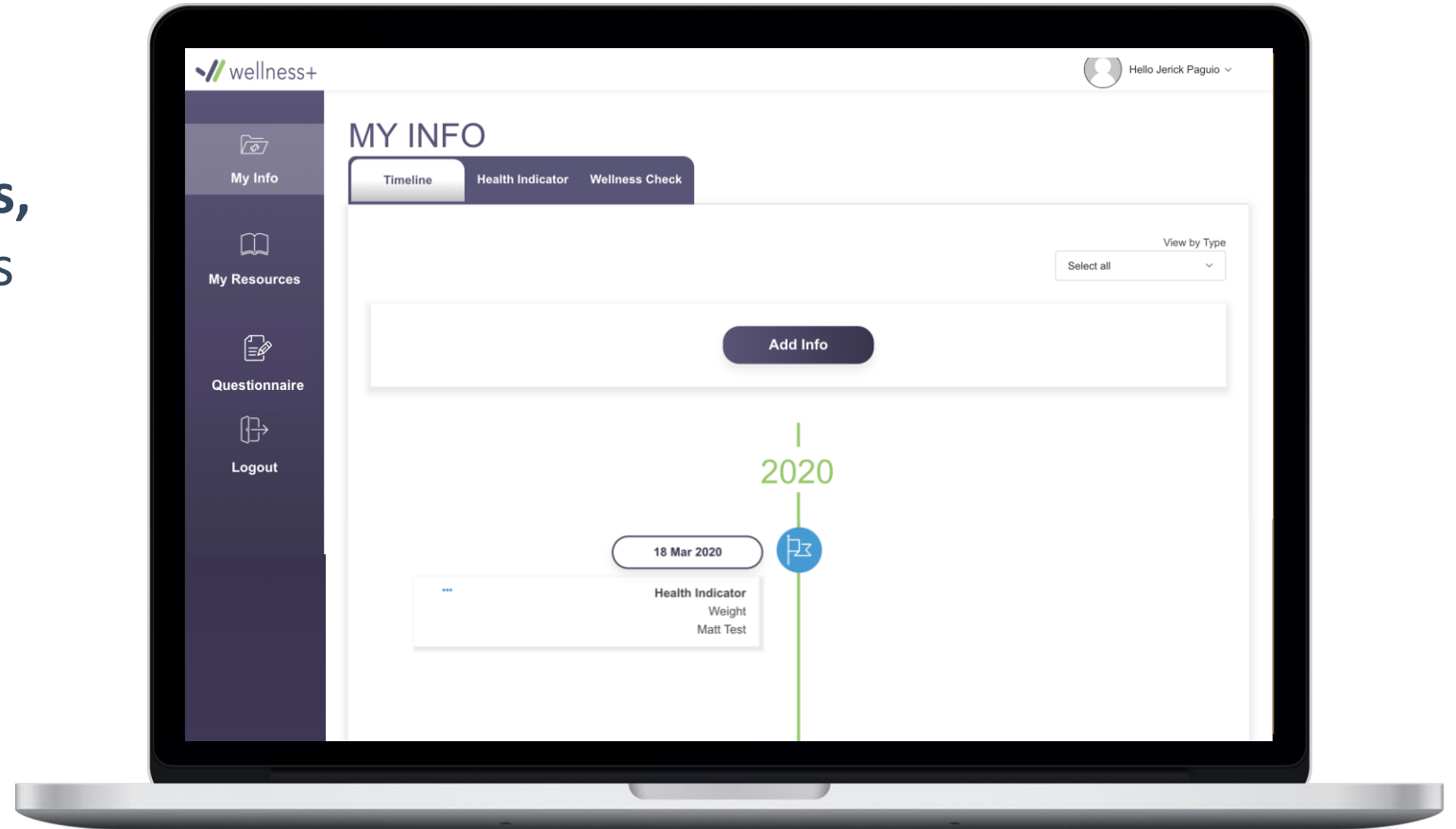
# Landing Page

A public page where **critical news updates (COVID-19)** and business information can be displayed.



# Timeline

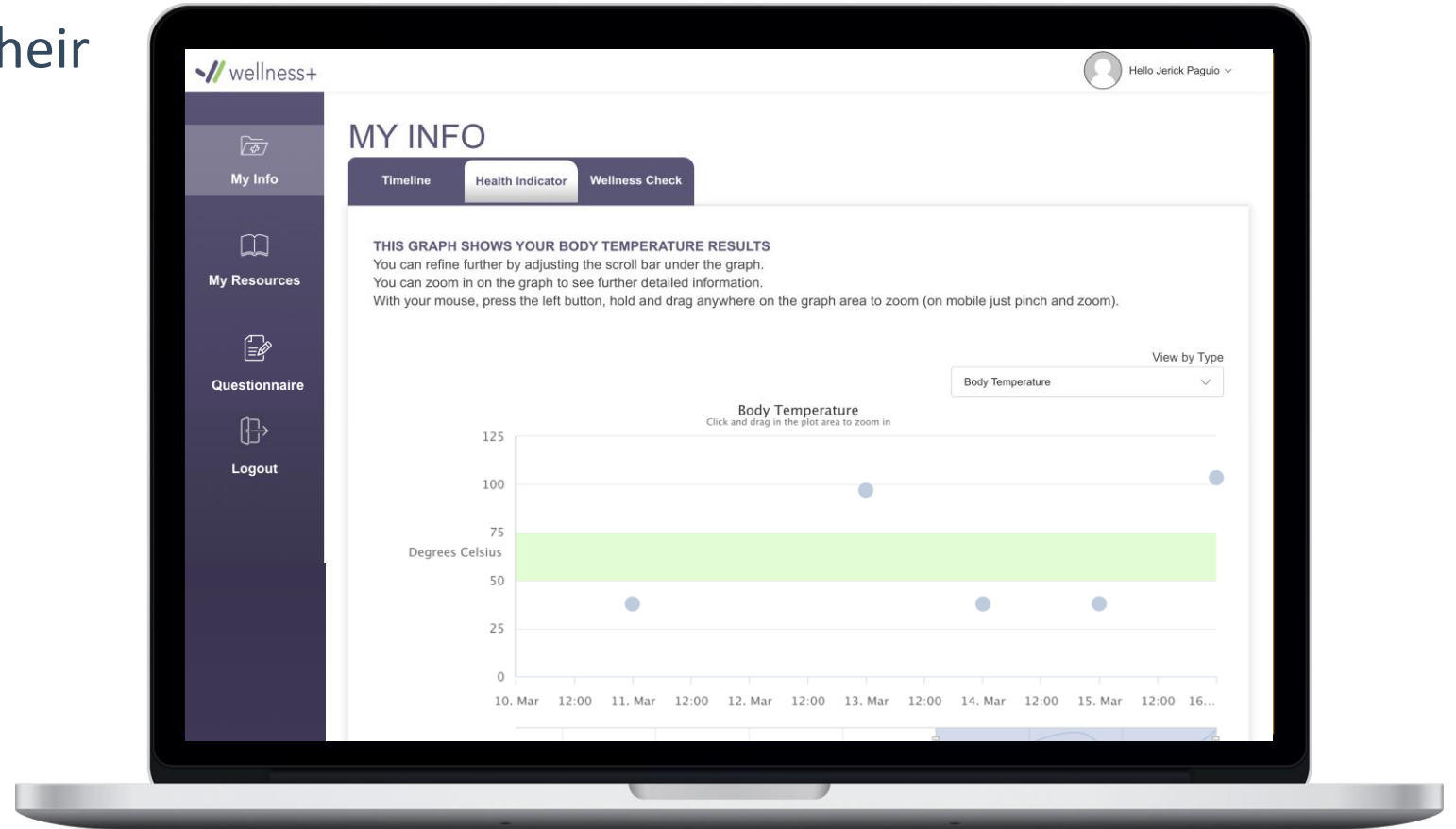
The timeline represents inputs from a variety of tracking areas including **appointments, journals, to do's and health tracking** so it's easy to see at a glance.





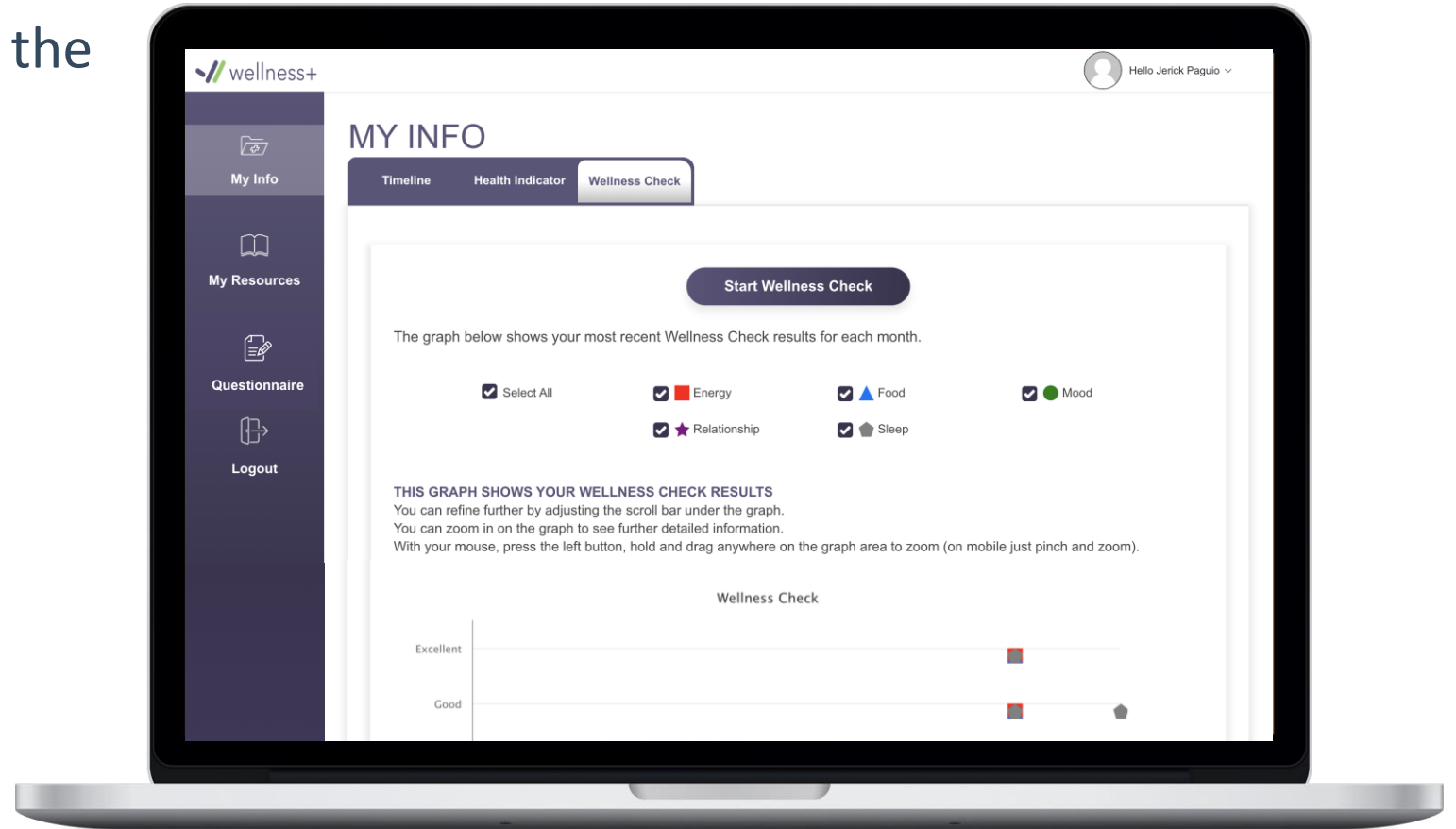
# Health Graph

This graph allows users to track their results of all personalised **health indicators including Body Temperature**, in a customisable graph.



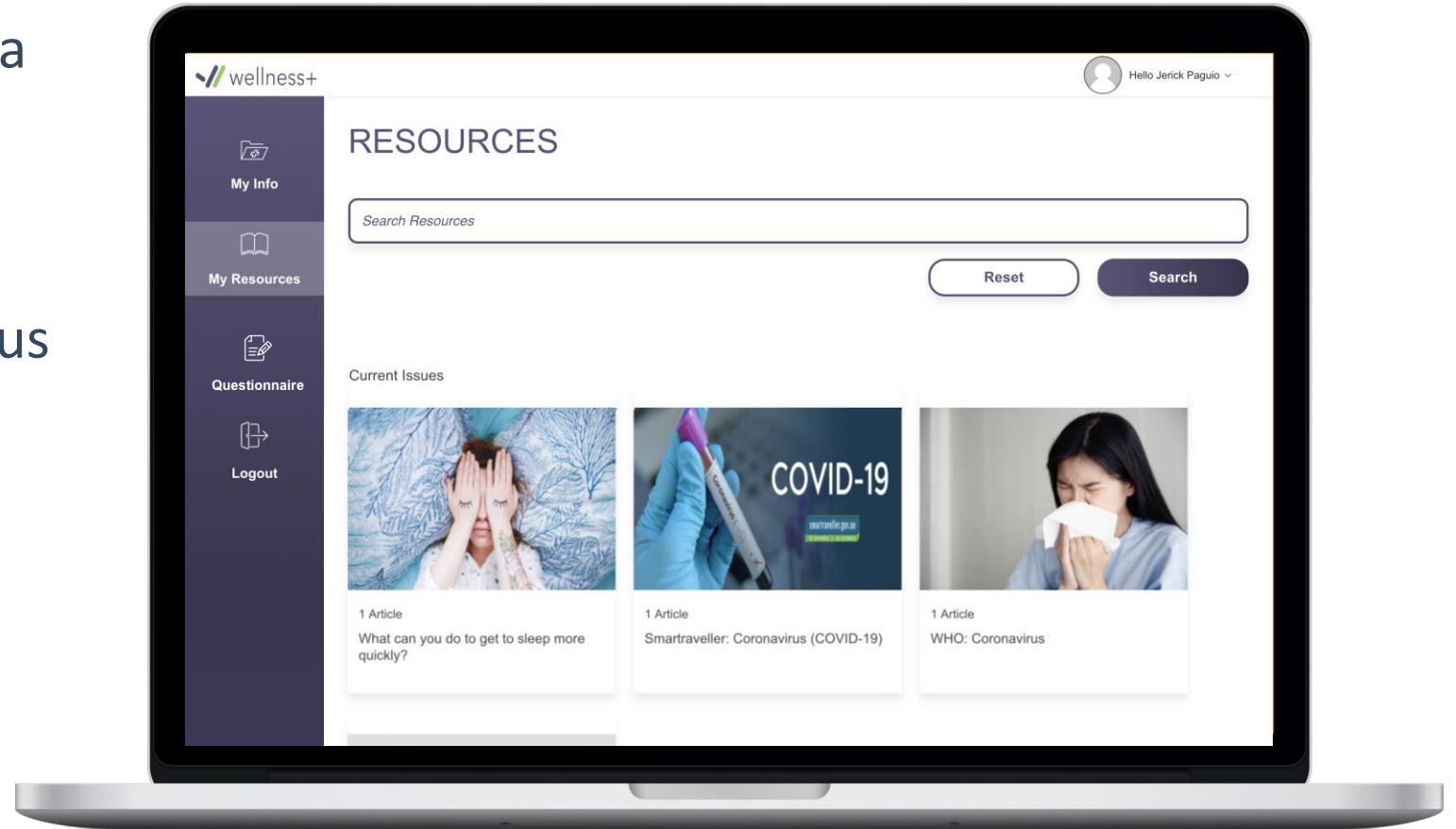
# Wellness Check

A quick, 2 minute assessment of the user's wellness, which is then graphed onto a map.



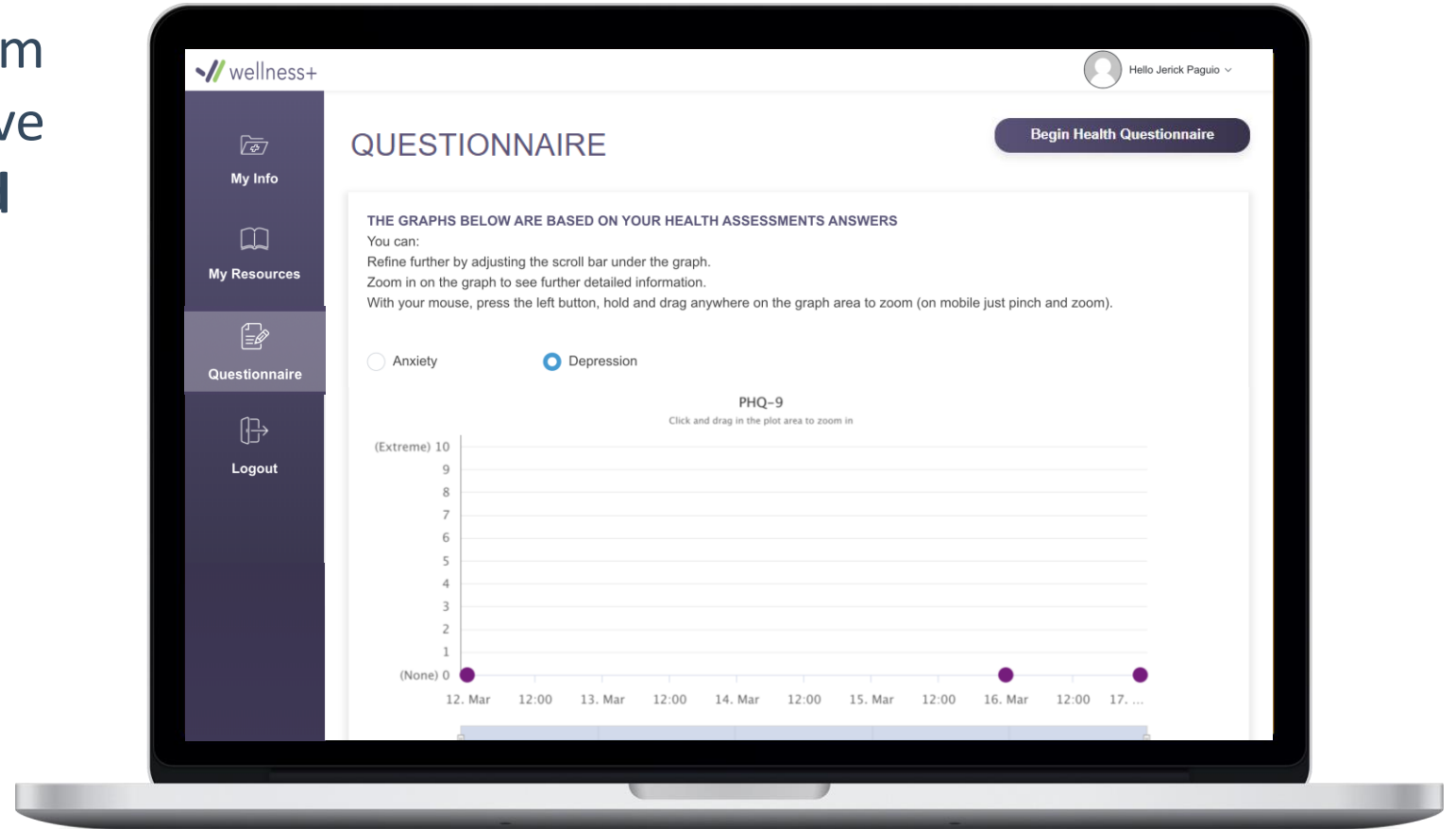
# My Resources

A resources library that contains a **range of articles** from **vetted sources** such as WHO and Department of Human Services covering all COVID-19 updates plus general health and wellbeing categories.



# Questionnaires

A series of questionnaires that aim to measure whether you may have **been affected by depression and anxiety.**



# Background - MiOK

In 2019–20, bushfires, drought and floods devastated Australia, affecting all Australians directly or indirectly.

The impact of these events has created an unprecedented need for mental health support services.

Mental health support services are playing a vital role right now and will continue to do so well into the future.

- More than **40%** of individuals affected by bushfires experience PTSD symptoms.
- According to WHO, approximately **22%** of the people living in affected areas are likely to experience mental health issues.



# Our digital solution for staff

**Am I Ok? (MiOK)** has been created to encourage individuals to take time to consider their wellbeing.

It is designed to offer simple and non-intrusive support.

Consider today's COVID-19 impacts and the implications it is having to countries and societies all over the globe. Whilst people may not think so, working from home is confinement and many people will not deal well with this. You also need to consider the additional anxiety created as the worlds talk about depression, and job loss will come to be on many peoples minds.



# Key Features of MiOK



Mood tracker



Journal

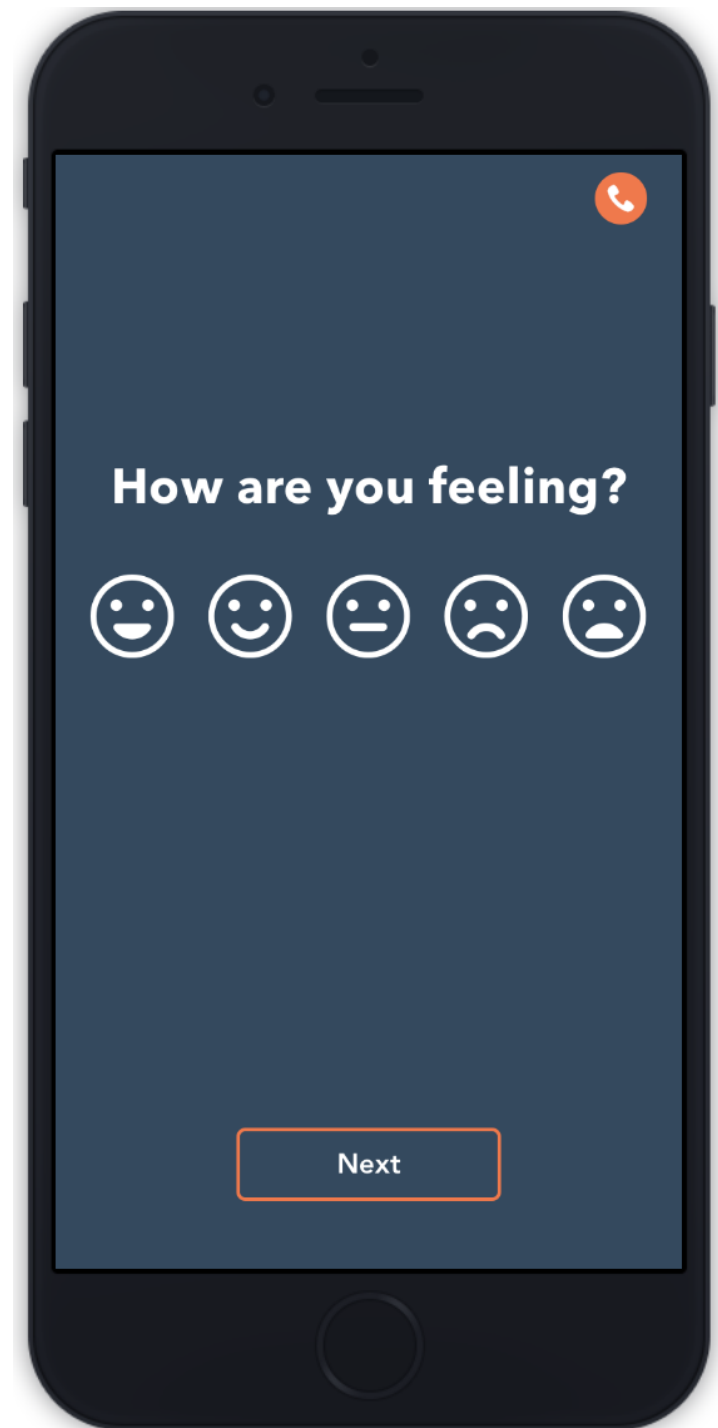


Forum



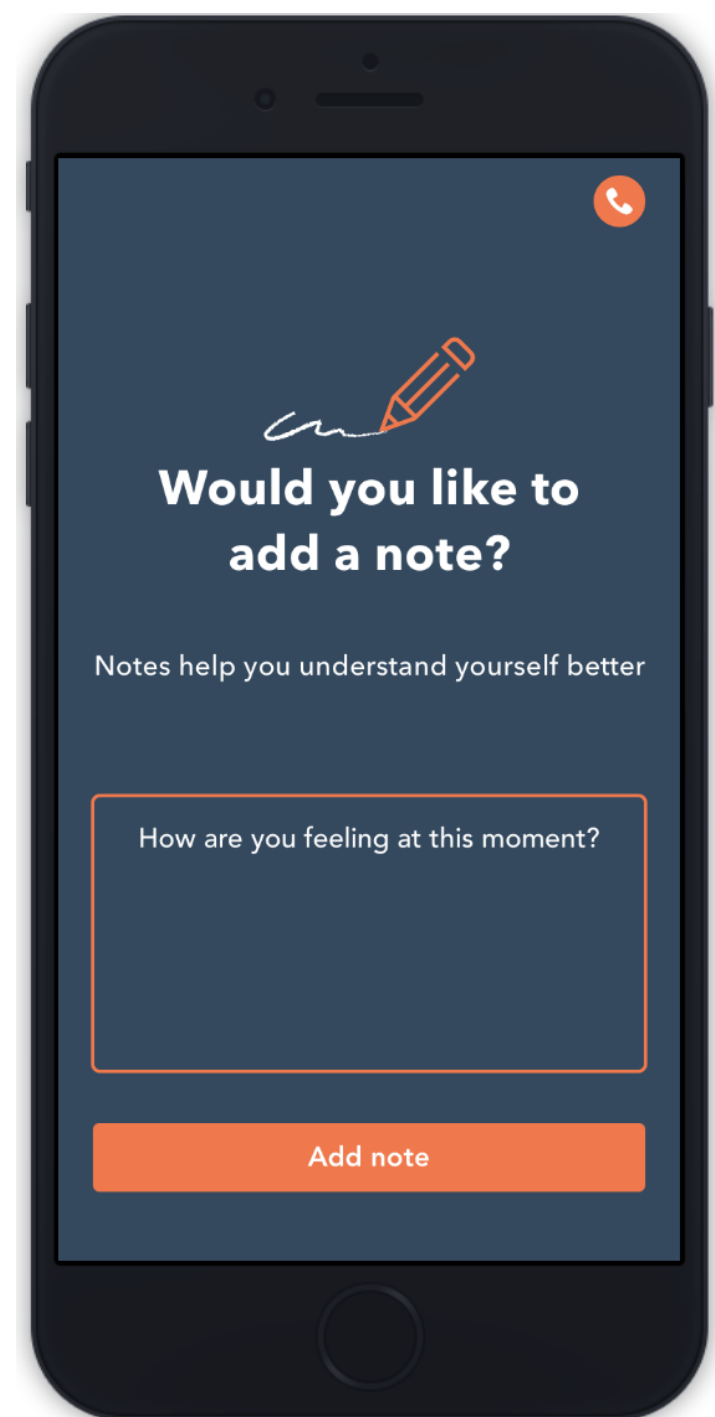
# Mood tracker

A quick, on the spot assessment of the user's mood.



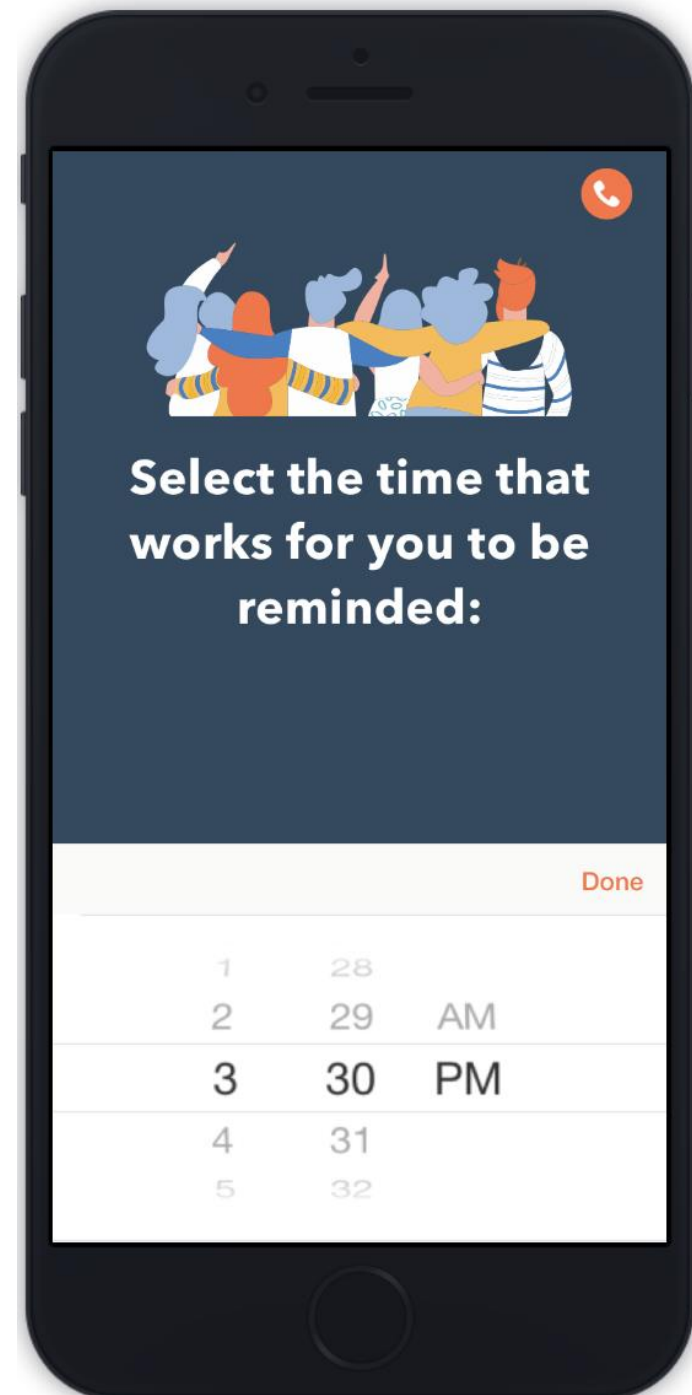
# Journal

The Journal allows for users to **record complex emotions** and **track their mood** against their circumstances.



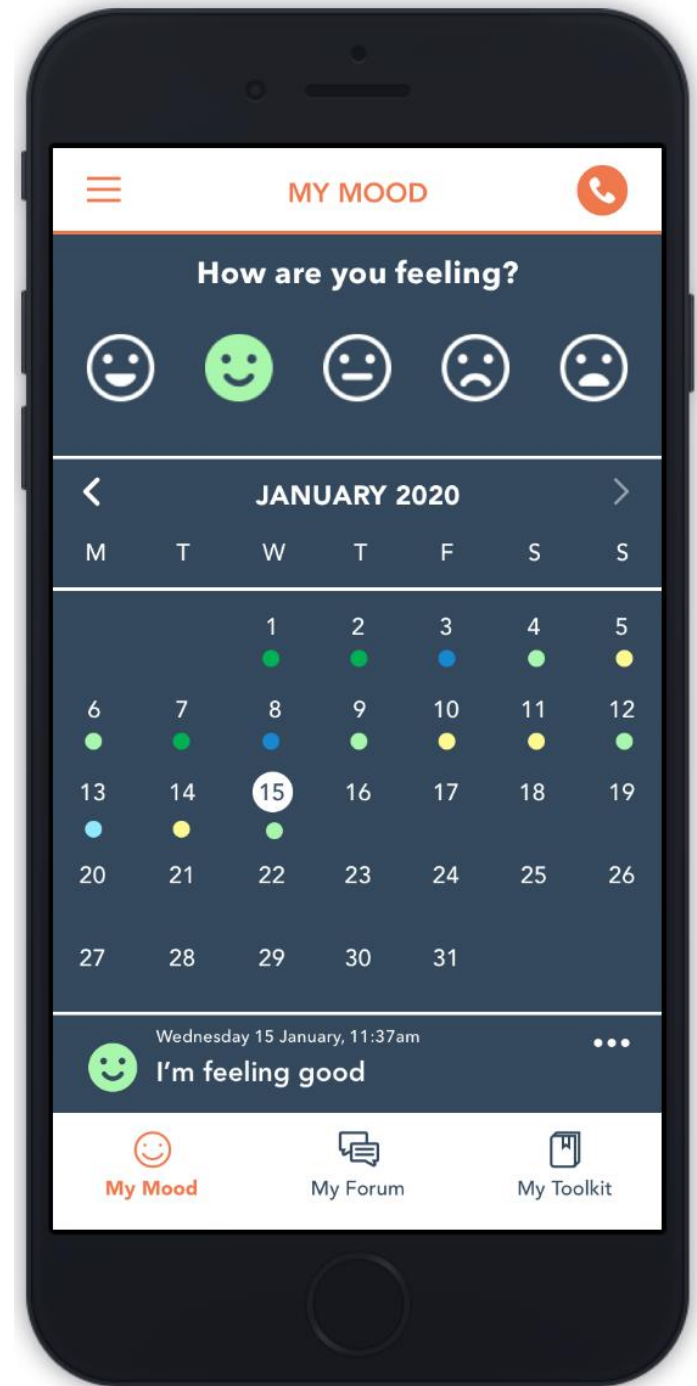
# Notifications

Notifications help the user **stay on top of their tracking.**



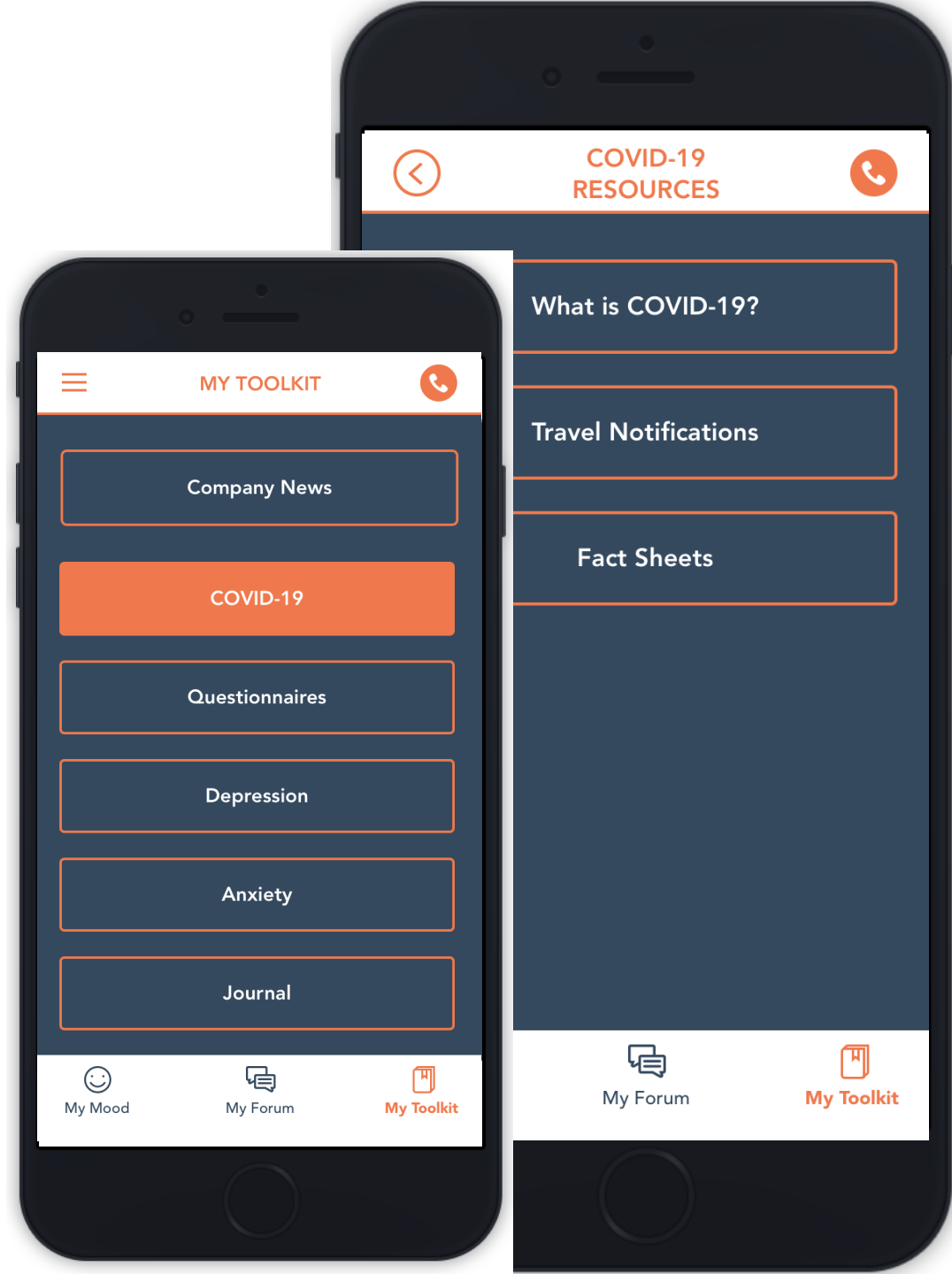
# Calendar and timeline

The calendar represents inputs on a coloured scale, so it's **easy to see how they've been feeling** at a glance.



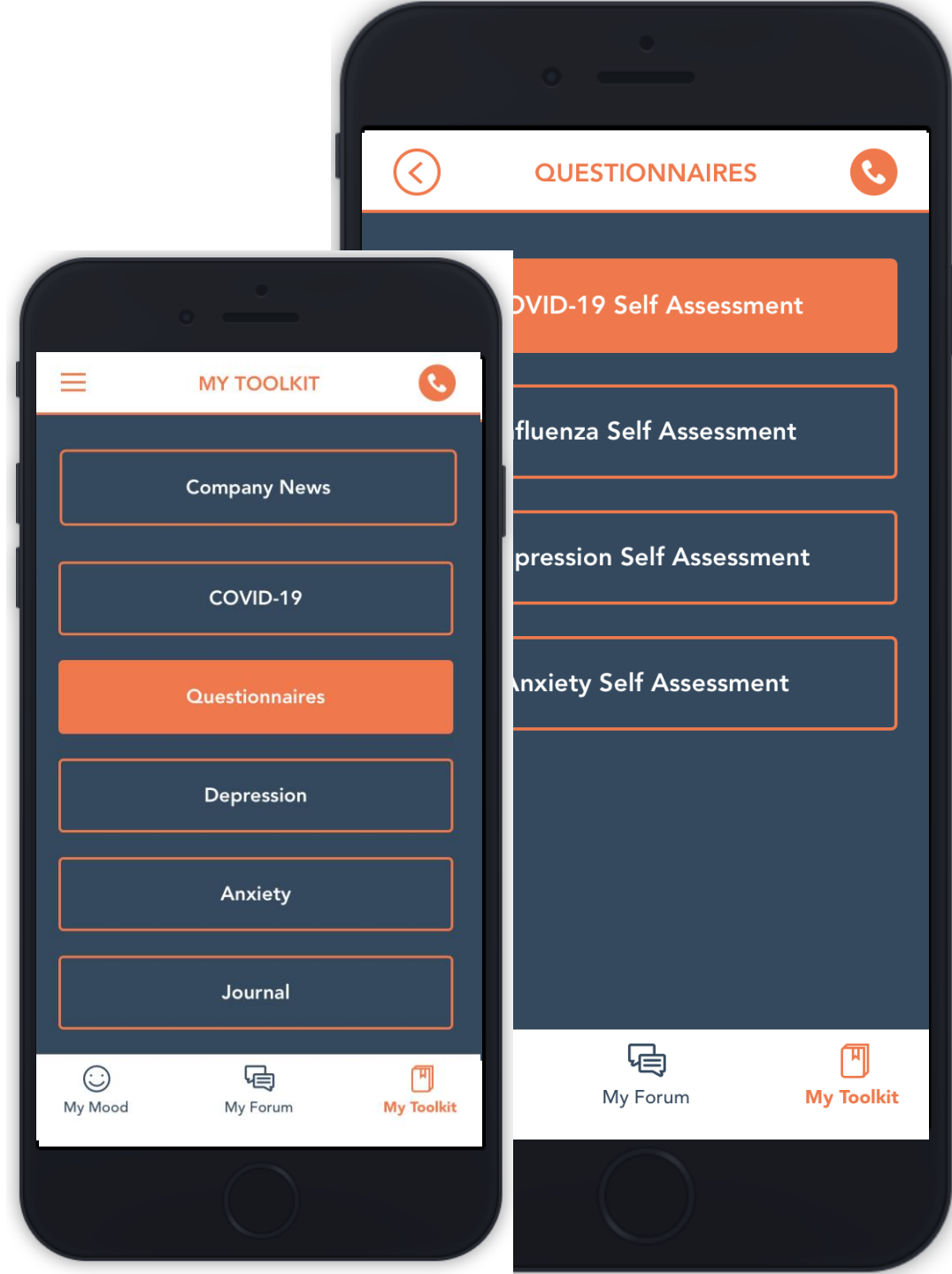
# Resources toolkit

The Toolkit contains a **range of resources** from **vetted sources** such as World Health Organisation & Department of Human Services covering specific topics.



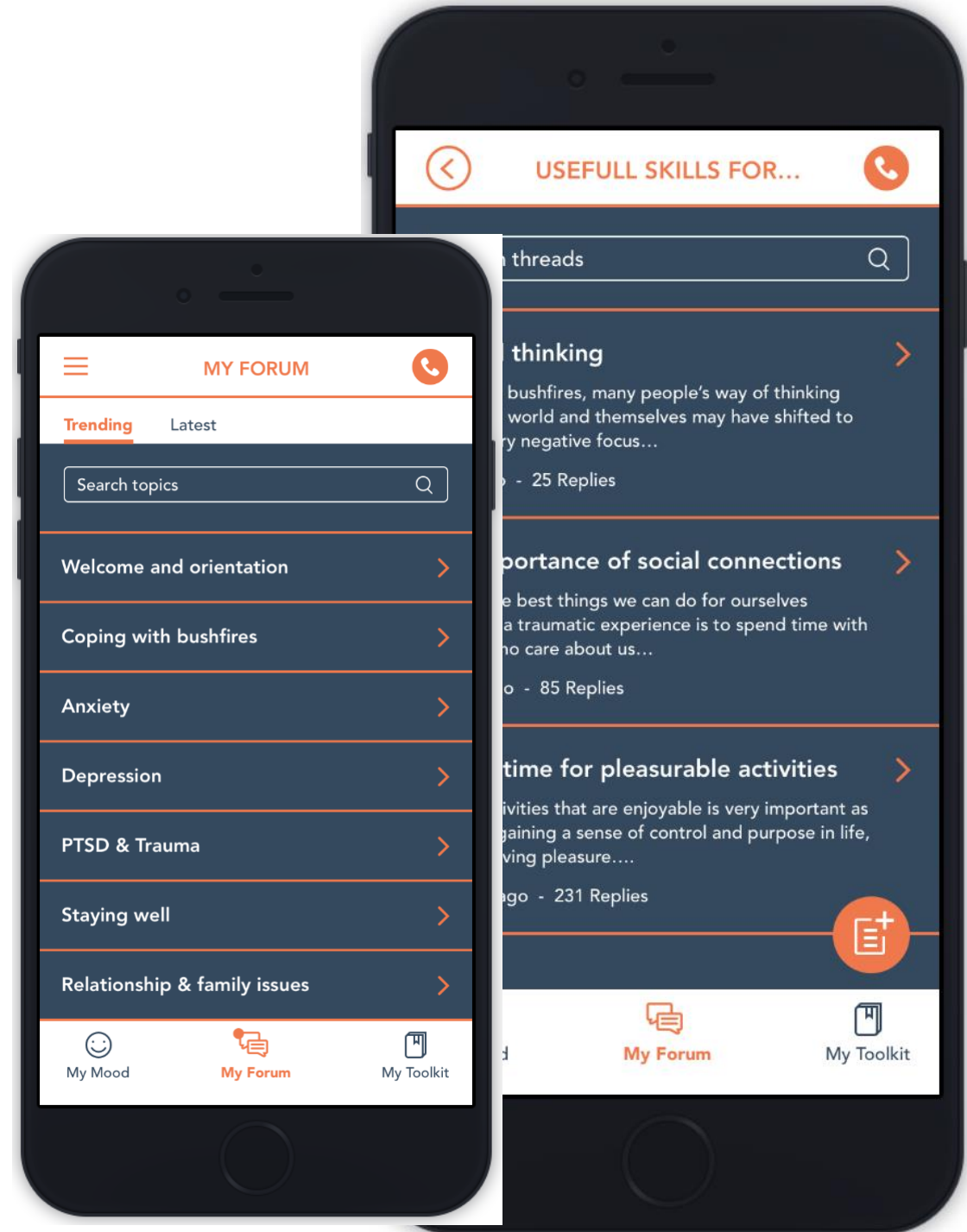
# Resources toolkit

The Toolkit also contains Questionnaires allowing people to **self assess themselves for a range of important health issues** including COVID-19 & Influenza.



# Community forum

The Forum **helps** users to **connect with similarly affected people**, offering **advice, support, resources**.





# Wrap up on Staff Wellbeing

We have implemented these solutions for our staff to ensure their wellbeing and a good state of mental health.

We have also asked our team leaders, managers and executives to make sure they keep regular their direct reports to add a layer of one – one communication which everyone will need.

Even when our company works remotely, it works with these people, so it is important to them, ourselves and our customers that they are feeling great.

The coming months are unknown to all of us and these extra things that we can do for our staff are small in comparison.

# DB Results

Contact Name: Stuart Shaw  
Email [stuart.shaw@dbresults.com.au](mailto:stuart.shaw@dbresults.com.au)  
LinkedIn <https://www.linkedin.com/in/stuartshaw/>  
Mobile +660816523888  
Website [www.dbresultsthailand.com](http://www.dbresultsthailand.com)

