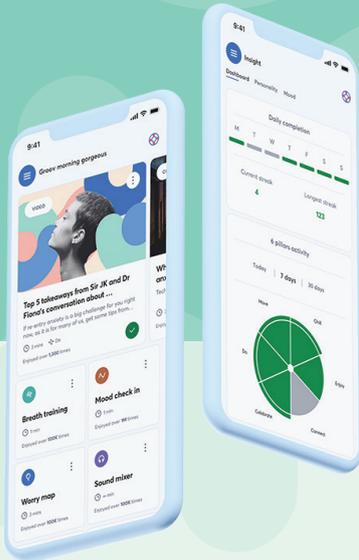




A trusted source of personalised wellbeing, right in your pocket.



Helping you feel good and function well every day.

The Groov app helps you and your team find and stay in the Groov anytime, anywhere. It provides simple and enjoyable ways to fit bite-sized wellbeing into the day.

How to get started with the app

01 Download the Groov app

Download the Groov app onto your personal or work phone.

02 Link up

To get full access to exclusive features and content including the Workplace Zone, link your Groov app to your workplace. Follow these easy steps [here](#).

03 Explore the app

Once you're all set up, start exploring! First actions include choosing wellbeing intents (areas to focus on, like sleep or stress) and doing the insightful personality quizzes.

04 Share and discuss

Talk about what you find helpful or enjoy in the app with your team. It could be an article on sleep or the breathing tool.

05 Embed wellbeing into the workday

Use the app to bring wellbeing into your workday. Start your day reading your daily content suggestions or try using the breathing tool before a meeting.

06 Life Ring

If you need extra support or want to talk to someone about your wellbeing, you can access extra support through the Life Ring (top right corner) in the Groov app.

07 Technical support for the app

If you have any questions or need technical support, contact support@groovnow.com.

What's in the Groov app?

With science-backed tools, clinically sound content, and more goodness added regularly, the app is your go-to for all things wellbeing.

Science-backed and clinically led

You can trust that everything in the app is developed with clinical experts using the latest research and Groov's own mental wellbeing framework. With an evidence-based approach, the app helps inspire people to take action and make small, sustainable changes that improve wellbeing.

Personalised experiences

We're all different. What works for someone else might not work for you. That's why the app is personalised to you, through in-depth personality quizzes, fresh new daily suggestions and self-selected wellbeing intents.

Tools

There are a range of tools available in the app for you to try out.

- The **Worry Map** helps you to let go of worries and make an action plan.
- The **Breathing Tool** helps you to reset and manage stress.
- The **Wheel of Kindness** helps inspire random acts of kindness.
- The **Soundscape Mixer** sparks creativity and relaxation.

Daily Motivations

Keep wellbeing front of mind daily with Daily Motivations. They are mood boosting, thought-provoking, and inspirational messages delivered daily to your phone.

Content, Courses, and Collections

From personal stories, podcasts, mindfulness and meditation tracks, to entertaining videos, education Courses and thoughtfully-curated Collections, you're guaranteed to find something you enjoy in the app.

Workplace Zone

The go-to area for the best and latest content, exclusive to Groov workplaces. You'll find workplace content designed to help with challenges at work and much more.

Ready to dive in? Download the app now!

To download the Groov app, go to the Apple App Store (iOS) or Google Play Store (Android) to get started.



Click on the buttons above to download the app!

Don't forget, to help everyone get the most out of the app, make sure that your people link their app accounts to your workplace.

It's super easy to link up - see the steps [here](#).



"We're on this journey together. I can't wait to help you and your people feel a little bit better every day, and get your workplace thriving."

Sir John Kirwan
Co-founder of Groov