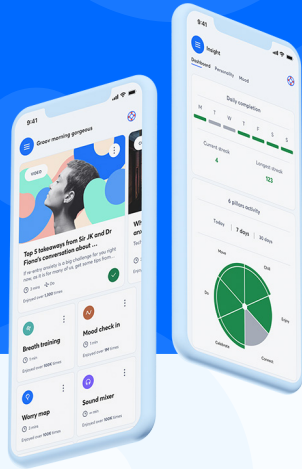




**A trusted source of personalised wellbeing, right in your pocket.**



**Helping you and your people feel good and function well every day.**

The Groov app helps you and your people 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 your team started with the app

### 01 Download the Groov app

Encourage your team to download the Groov app onto their personal or work phone. Friendly reminders always help!

### 02 Link up

Make sure your team knows to link up their Groov app to your workplace to get access to exclusive features and content, including the Workplace Zone. 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 Daily mood boosters

Recommend your team turn on daily motivation notifications for a daily mood boost. One of our most popular features!

### 05 Share and discuss

As a team or in your wider workplace, talk about what you find helpful or enjoy in the app. It could be an article on sleep or the breathing tool. Keep checking back for new suggestions on the homepage and fresh content!

### 06 Embed wellbeing into the workday

Use the app to bring wellbeing into the workplace for you and your team. You can even make it part of a team or company ritual. Use the breathing tool as a team to start a meeting or take a minute to use the mood tracker in a daily standup.

### 07 Life Ring

Let your team know they can access extra support through the Life Ring (top right corner) in the Groov app.

### 08 Technical support for the app

If you or your team have any questions or need support for the app, contact [support@groovnow.com](mailto:support@groovnow.com).

# What's in the Groov app?

With science-backed tools, clinically sound content, and more goodness added regularly, the app is a trusted source of wellbeing for your people.

## 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 focuses on inspiring people to take action and make small, sustainable changes that improve wellbeing.

## Personalised experiences

We're all different and what works for one person's wellbeing might not work for another. That's why the app is personalised to each individual 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 and your people to try out.

- The **Worry Map** helps people to let go of worries and make an action plan.
- The **Breathing Tool** helps people 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 for your team daily with Daily Motivations. They are mood boosting, thought-provoking, and inspirational phone notifications.

## Content, Courses, and Collections

From personal stories, podcasts, mindfulness and meditation tracks, to entertaining videos, education Courses and thoughtfully-curated Collections, there's something for everyone 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