



Groov starter guide



Welcome to Groov

Hi, I'm Sir John Kirwan, co-founder of Groov. I'm so excited to welcome you to our workplace wellbeing platform.

In this guide, you'll find everything you need to get started with Groov. I use Groov every day to feel good, function well, and bounce back from stress.

Enjoy getting to know Groov. We're honoured to be part of your wellbeing toolkit.



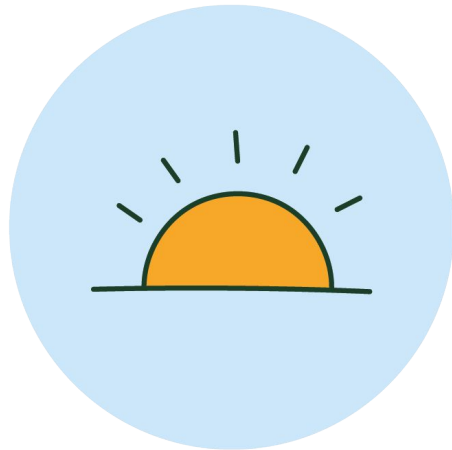
What is Groov?



Groov helps you take care of YOU.

Groov is a **workplace wellbeing platform** co-founded by All Blacks legend and long-time mental health advocate Sir John Kirwan and tech entrepreneur Adam Clark.

Our **digital tools** help you:



Feel good



Function well



Bounce back from stress

Use Groov to build **small, easy habits to improve your wellbeing** at both work and home.

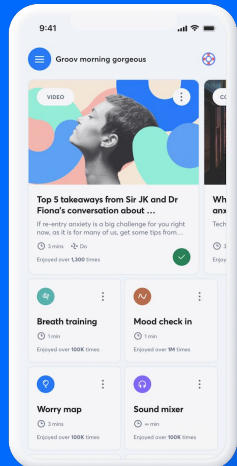


Getting started with Groov



Get started with Groov in 4 simple steps...

1.
App



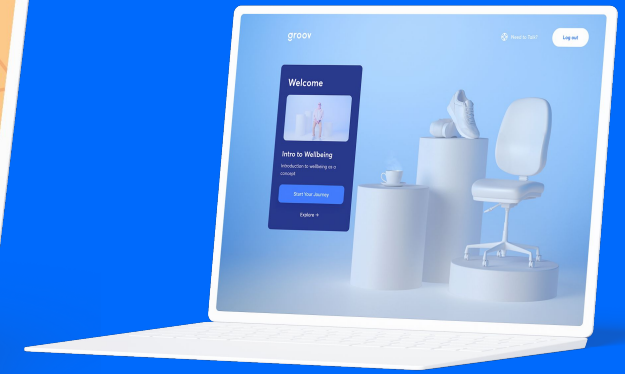
2.
Assessments



3.
My Groov

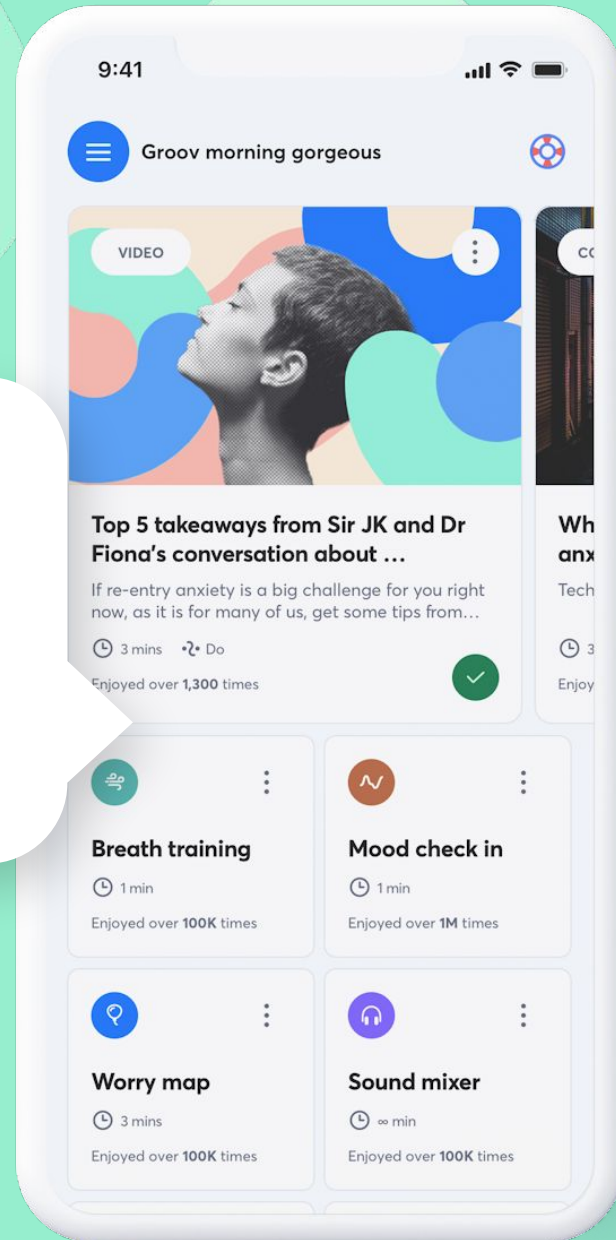


4.
Modules





Download the Groov app to get started right away!



Step 1: Download the Groov app

Find and stay in your Groov any time, anywhere with the Groov app!

- A world-class wellbeing app
- Science-backed and clinically led
- Packed with tools and features

Download the Groov app at your app store. Sign-up using your work email address to access all features.



Getting started in the App

How do I create an account?

Easy! Simply download and install the App from your app store then open it. Select 'Register' on the first screen you see and then use your work email to create an account.

What do I do if I forget my password?

You can recover your password by entering the email address you registered with on the sign in page, then clicking 'Forgot your password'. You'll then receive an email with a reset link – simply follow the instructions.



Step 2: Complete a Groov assessment

Get personalised wellbeing tips by completing a Groov Assessment.

- Only 2–3 minutes each
- Sent via email
- Track your progress over time





Getting started with Groov Assessments

When will I receive my first assessment?

You'll receive your first Groov assessment, the **6 Pillars Quiz**, soon after your workplace launches Groov. Keep an eye out in your inbox.

How do Groov assessments help me?

Groov assessments help you identify small wellbeing actions that work for you. Discover how you're already thriving and get ideas for improvement.



Step 3: Visit My Groov

My Groov makes it easy for you to find and enjoy our online tools and e-learning content.

At My Groov, everything is in one central location.

Accessing My Groov is simple. Visit mygroov.groovnow.com, enter your login details (the same details used for app or modules), and start exploring.



Getting the most out of My Groov

What are the benefits of My Groov?

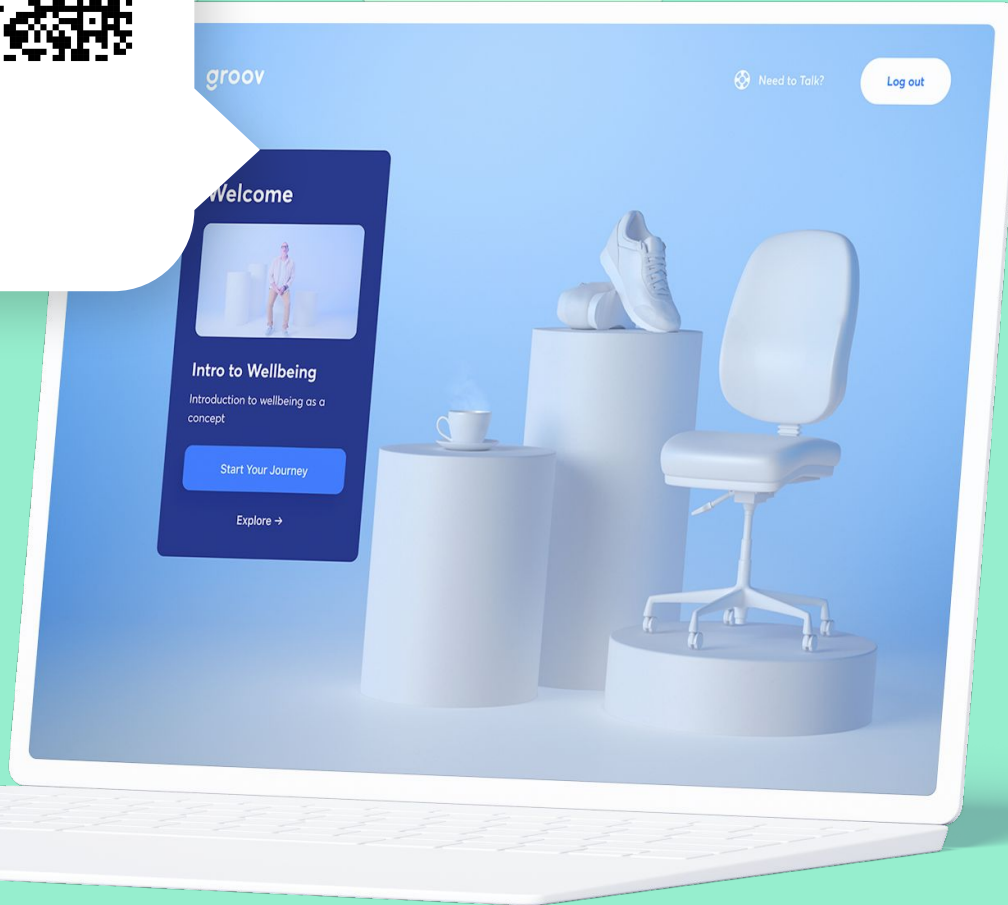
My Groov brings the best of our online wellbeing tools and e-learning experience into one, single location. Anytime you are looking to level up your wellbeing knowledge, or explore more content, My Groov is the place for you.

What if I forget my login details?

If you forget your login details, or you experience any problems using the My Groov platform, contact support@groovnow.com.



Get started with Modules today!



Step 4: Enjoy a Groov Module

Tune into an e-learning module to:

- Level up wellbeing knowledge
- Be inspired to take action
- Designed by experts and backed by science

Visit modules.groovnow.com



Starting your Groov Modules journey

Which Module should I watch first?

We recommend starting with our LEAD, SHOW, CARE series. LEAD is all about looking after you, SHOW teaches you how to set an example and help others, and CARE gives you the tools to check in with others.

How will the Modules help me?

Modules are action-based learning that empower you to try new things, make changes, and learn new skills that can boost wellbeing. All Modules are designed by experts in psychology and wellbeing and based on the latest research and evidence-based concepts.



Groov FAQs



Linking your account to your workplace

How do I link my account to my workplace?

When you first sign-up to Groov, create a Groov account using your workplace email address. This should automatically link your Groov account to your workplace.

It's important to link your account, as this means you'll unlock all features! And don't worry, your employer won't see your data.

What do I do if used the wrong email?

If you sign up with a personal email address, please visit:

<https://www.groovnow.com/how-to-link-your-groov-account-to-workplace> for instructions on how to link your account.



Security & privacy

Will my data be secure?

All your information is secure. We take security and your privacy extremely seriously.

We designed our security from the ground up and conform to all relevant privacy and security legislation.

You can read our privacy policy at:
groovnow.com/groovnow-privacy-policy

Can my employer track me?

No, your employer cannot see your personal data. We only share anonymised, aggregated information to your employer.

No sensitive or personal information that could be traced back to you is ever shared with anyone. The only time your data will be shared is if we receive a direct request from you to receive a copy of your data.



Groov wellbeing science

What is the Groov approach?

Groov is backed by a world-class clinical team. We draw from the latest wellbeing evidence and create actionable solutions.

We approach workplace wellbeing at an organisational, leadership, and individual level. Our unique approach ensures workplace wellbeing is for everyone.

What if I need help right now?

The Groov platform has not been designed to help people in a crisis situation or as a stand-alone tool for people experiencing mental health difficulties.

If you are in distress or need to talk to someone, please contact a mental health helpline in your area or **see the next slide.**



**Ready to get in
your Groov?**



It's time to discover your Groov.

Download the App. Create your account. Start exploring!

If you need any help, check out support.groovnow.com or reach out to support@groovnow.com