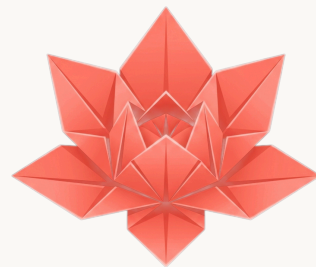




*Your Daily
Self-Care Support System*



Your employees show up every day. **But are they really there?**

Built by a neurologist. Designed for real life.

Burnout, poor sleep, chronic stress, and low energy are quietly costing your organization. In absenteeism, turnover, healthcare spend, and lost productivity. ooddle gives your employees the daily self-care system that makes everything you are already offering work harder.

FOR EMPLOYERS AND HR LEADERS

The problem you already know

Your employees are not underperforming because they lack skill or motivation. They are underperforming because nobody is helping them take care of themselves, consistently, every day.

Stress accumulates. Sleep suffers. Energy drops. Focus disappears. And slowly your best people either burn out or walk out.

You already have benefits in place. You may have a wellness program. You may offer an EAP, gym membership, or mental health resources. Those matter. But benefits only work when employees are in the right state to use them. ooddle creates that state, daily.

How ooddle works

ooddle is not a nutrition plan, a therapy program, or a clinical intervention. It is a daily self-care support system that helps employees pay attention to themselves.

Every day ooddle asks employees to notice three things. Their stress, their energy, and their sleep satisfaction. That awareness becomes insight.

Their daily actions are drawn from goals they identified for themselves. Making every recommendation personally relevant, not prescribed by their employer.

Over time employees who use ooddle become calmer, more consistent, and more self-aware. That shows up at work. And it makes every other benefit you offer more effective.

The ooddle wellness score

Each employee has an ooddle wellness score (OWS). A simple daily number that reflects how they are showing up for their own self-care. You never see individual scores. That is intentional. ooddle belongs to the employee, not the employer. What you see is aggregate data that tells you how your workforce is doing overall and whether your investment is working.

Five Wellness Pillars

Each day ooddle delivers five actions, one per pillar, personalized to goals the individual identified for themselves.

- **Metabolic.** Nutrition and energy.
- **Movement.** Physical activity.
- **Mind.** Stress awareness and mental clarity.
- **Recovery.** Sleep and restoration.
- **Optimize.** Habits and performance.

Why offer ooddle

Because a calmer, more consistent, self-aware employee is a better employee. And a better employee stays. And every benefit you already offer performs better.



Reduce burnout and absenteeism

Employees who practice daily self-care manage stress better, sleep more consistently, and show up more reliably. ooddle builds those habits quietly and sustainably, without adding to their load.



Improve productivity and focus

An employee running on poor sleep and chronic stress is not performing at their ceiling. ooddle helps employees notice what is depleting them and take small daily actions to address it. The result is more energy, better focus, and stronger performance.



Reduce healthcare costs

Employees who take consistent daily care of themselves make fewer claims over time. ooddle is a low-cost daily investment that compounds into meaningful long-term savings.



Retain your best people

Employees who feel supported in their wellbeing stay longer. ooddle is not a perk. It is a signal that your organization genuinely cares about the whole person, not just their output.



No intrusion. No overreach.

ooddle belongs to the employee. Their data is their own. You receive only aggregated workforce insights. Never individual scores, never personal details.



Compounds everything you already have

ooddle is not a replacement for your existing wellness plans, EAP, gym benefits, or mental health resources. It is the daily foundation that makes all of them more effective. ooddle does not compete with your current investments. It multiplies them.

The bottom line

Your current wellness investments are only as effective as the daily habits of the people using them. ooddle builds those habits. Burned out employees cost you. Calm, consistent, self-aware employees compound your investment. ooddle builds the second kind, one daily insight at a time.



Try ooddle

Scan to preview ooddle in 60 seconds.

Group pricing and pilot programs available.