

GREAT EMPLOYERS USE SPROUT

Sprout's Wellness Program is a broad solution designed to impact the organizations' and employees' mental and physical health concerns while remaining compliant with DOLE's Mental Health Act.



Be compliant with the mandatory Wellness programs required under labor and Philippine laws, promote an environment with less stress, anxiety, and reduced attrition, all while improving job performance across the board.



SERVICES

GROUP ACTIVITIES

- Meditation, yoga, & coaching sessions

AWARENESS & LEARNING

- Weekly tips, reminders, & webinars

CONSULTATION

- Online counseling

ANALYTICS

- In-app wellness survey questionnaires, program evaluations, & psychometrics

COMPLIANCE

- Drafting a mental health policy for your company

THE SPROUT ECOSYSTEM



CONTACT US

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