

AltiusLife

Altius Wellbeing Programs are underpinned by the AltiusLife digital Platform/App

The digital platform is based on Dr Roy Sugarman's neuroscience model to inspire healthy behaviours and support individuals to achieve their personal wellbeing goals.

We understand that organisations want to factor workplace wellbeing into their human resources management planning – however most workplaces lack the time and expertise to adequately support and drive wellbeing programs.

AltiusLife is designed as part of our suite of wellbeing services to create an engaging workplace, concerned with employee wellbeing.

Connecting your employees with the AltiusLife platform and app improves their work-life experience through self-service content, toolkits and coaching.

The App enables you to gain insights into wellbeing trends and interests within your organisation and provides information for employee wellbeing reporting and data to support your wellbeing initiatives.

The Neuroscience of Engagement

The neuroscience of engagement focuses on novelty, complexity and positivity. This is because the human brain is neurologically hardwired to get excited by these qualities.

Key Features

- Informative content supporting wellbeing
- Great wellbeing tips
- Health assessments and surveys
- Life action tools to help chart progress
- Evidence based model that supports lifestyle behavioural change

About Dr Roy Sugarman

Dr Roy Sugarman, Clinical Neuropsychologist and Clinical Psychologist, is the Director of Applied Neuroscience for LifelQ. LifelQ is a division of Mobecom, whose platform forms the basis of AltiusLife.

Dr Sugarman is also Director of Applied Neuroscience in the Performance Innovation Team of EXOS in Arizona, the world's leading performance innovation company in elite military, athlete and corporate settings.

He served as Principal Psychologist and Director of Clinical Services for SW Area Health Services, Director of Psychological Services at Royal Ryde Rehabilitation and Senior Clinical Neuropsychologist at Extended Care Services and Royal Adelaide Hospital in South Australia. Dr Sugarman is currently a conjoint senior lecturer in Psychiatry at UNSW.

Our 6 Ways of Engaging Your Employees

We apply this neuroscience of engagement to our online platform by ensuring that content is relevant to the needs of the end user (your employee) as well as the client (you).

| Features | Science |
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| Discovery and Content | 1. Curiosity - We establish our credibility as a trusted source by offering compelling and evidence based articles about a range of topics. This encourages engagement in articles and content that support healthier habits. |
| Share, Groups and Leader Board Functions | 2. Sharing - Humans have a compelling need to share information that has evoked an emotional response in them. Sharing information also serves to unite staff, build teams and positivity, and most of all – it promotes a sense of relatedness. |
| Content and Health Literacy | 3. Mastery - Productivity and self-efficacy skills are developed when employees engage with evidence based content and positive habits |
| Act | 4. Resilience - Resilience means thriving in the face of work and life demands. Key focus areas to enhance resilience are movement, nutrition and mindset and are critical to building resilience. There is a difference between knowing something and acting on it. Pure content and education supports change and building capacity encourages motivation. |
| Life Habits and Actions | 5. Motivation - Meaningful change happens on our own terms as being told to change is something we fell challenged by. Through promoting self-determination, our end users grow their motivation and capacity to meet challenges in the workplace. |
| Health Risk Assessments , Self-reporting and Data Collection | 6. Measurement - By gathering data, we can gain insights so that the platform is more responsive and individually relevant. Since we measure what people are reading (or not reading), we can also manage content accordingly. Reporting is provided at an organisational level. |

Contact Us

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