

SWÖRKIT

Sworkit Launch Kit

FITNESS MADE SIMPLE



Table of Contents

FIND WHAT YOU NEED

- Sworkit Overview
- Onboarding Process
- The Perfect Launch
- Engagement Resources
- Client Spotlights
- Getting Help



SWÖRKIT
HEALTH

Sworkit Overview

HOW WE HELP EMPLOYEES

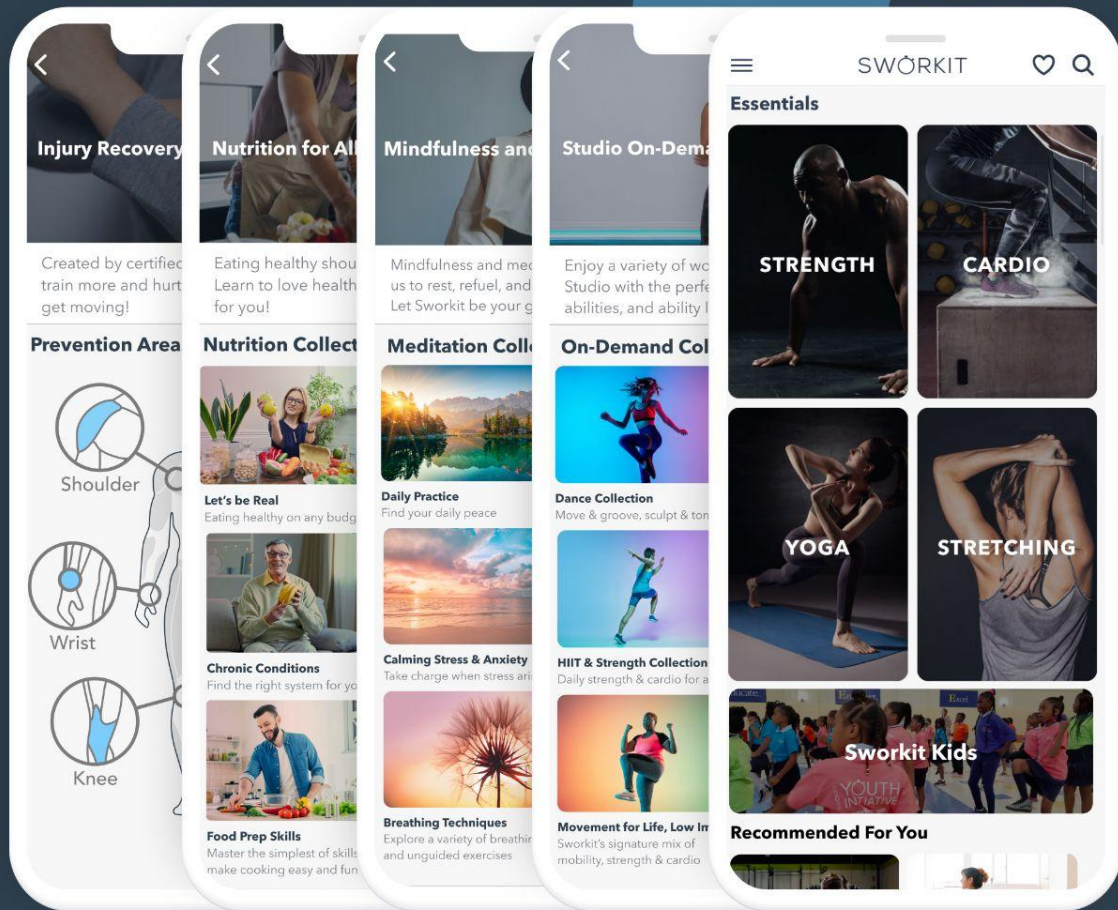


SWÖRKIT HEALTH

Simplified Total Wellbeing

Fitness, meditation,
wellness challenges,
nutrition, & recovery

SIMPLY WORK IT



Why Employees Love Sworkit

WORKOUTS FOR ANY GOAL

6 WEEK PLANS

Plans to get leaner, fitter, or stronger - each with beginner, intermediate, and advanced levels!

WANT WEIGHTS?

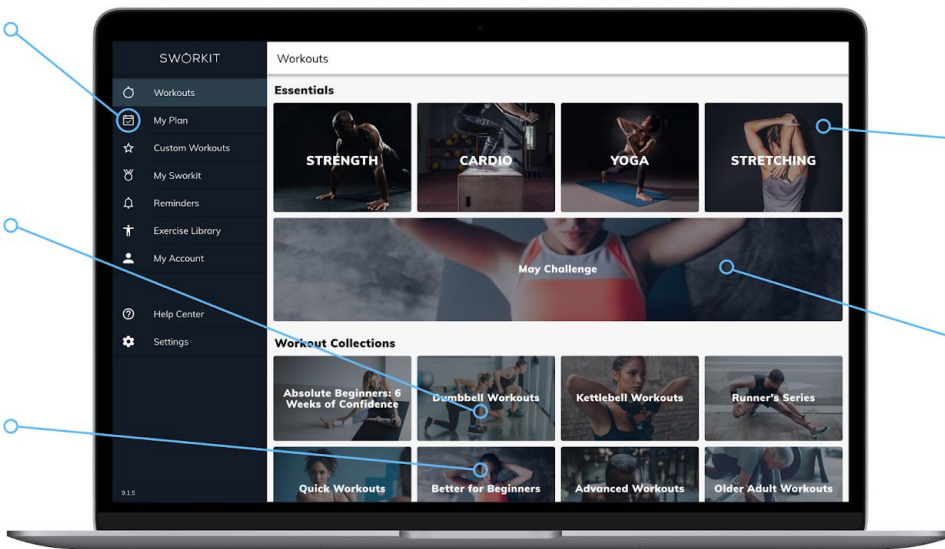
Most workouts don't need weights, but if you'd like to add small equipment, we've got that too!

VARIETY

New workout collections are added regularly!

100% CUSTOMIZABLE

Almost every aspect of your workout can be customized.



TIME ISN'T AN OBSTACLE

Choose the exact time length for each workout. Even if you only have 5 minutes, you can get a workout in!

SWORKIT ESSENTIALS

Switch it up depending on your mood! Select strength, cardio, yoga, or stretching to get a list of those workouts.

MONTHLY, SEASONAL, & COMPANY CHALLENGES

Keep motivated with three types of challenges. Monthly challenges for a new workout every day, seasonal challenges run by Sworkit trainers with extra guidance and community support, and company challenges to connect with teammates!

Total Wellbeing, 4-in-1 solution

Physical Activity

1000+ On-demand workouts

Mental Health

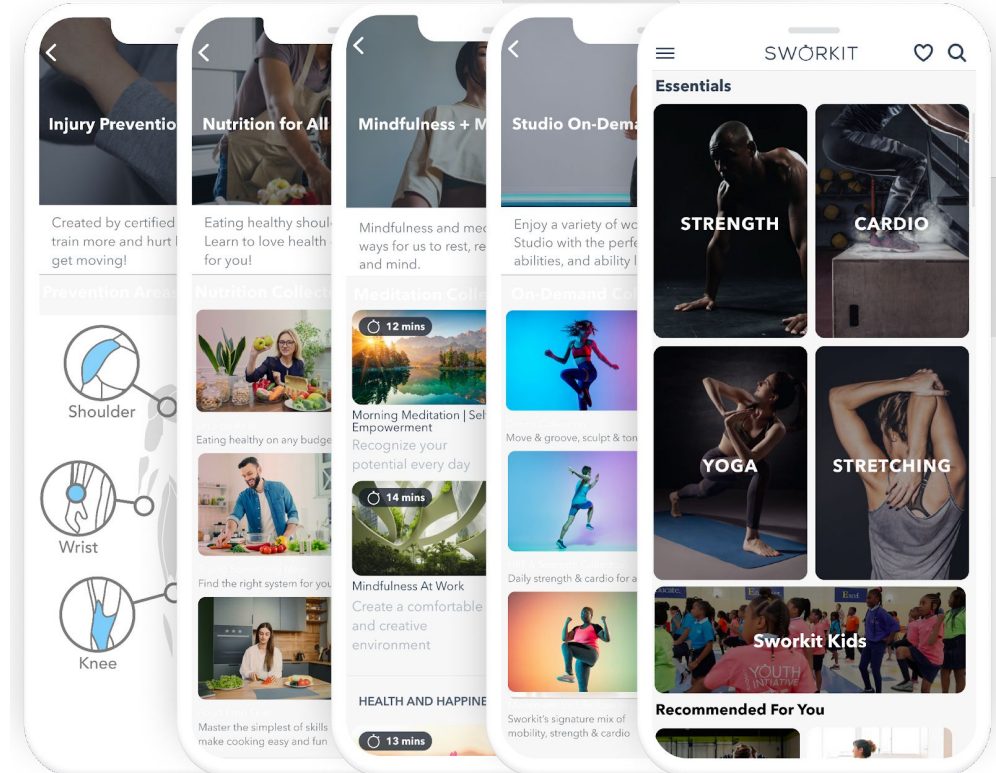
Mindfulness and Meditations

Musculoskeletal Health

Low-acuity MSK programs

Nutrition

Personalized nutrition library



US & Abroad

Global Availability



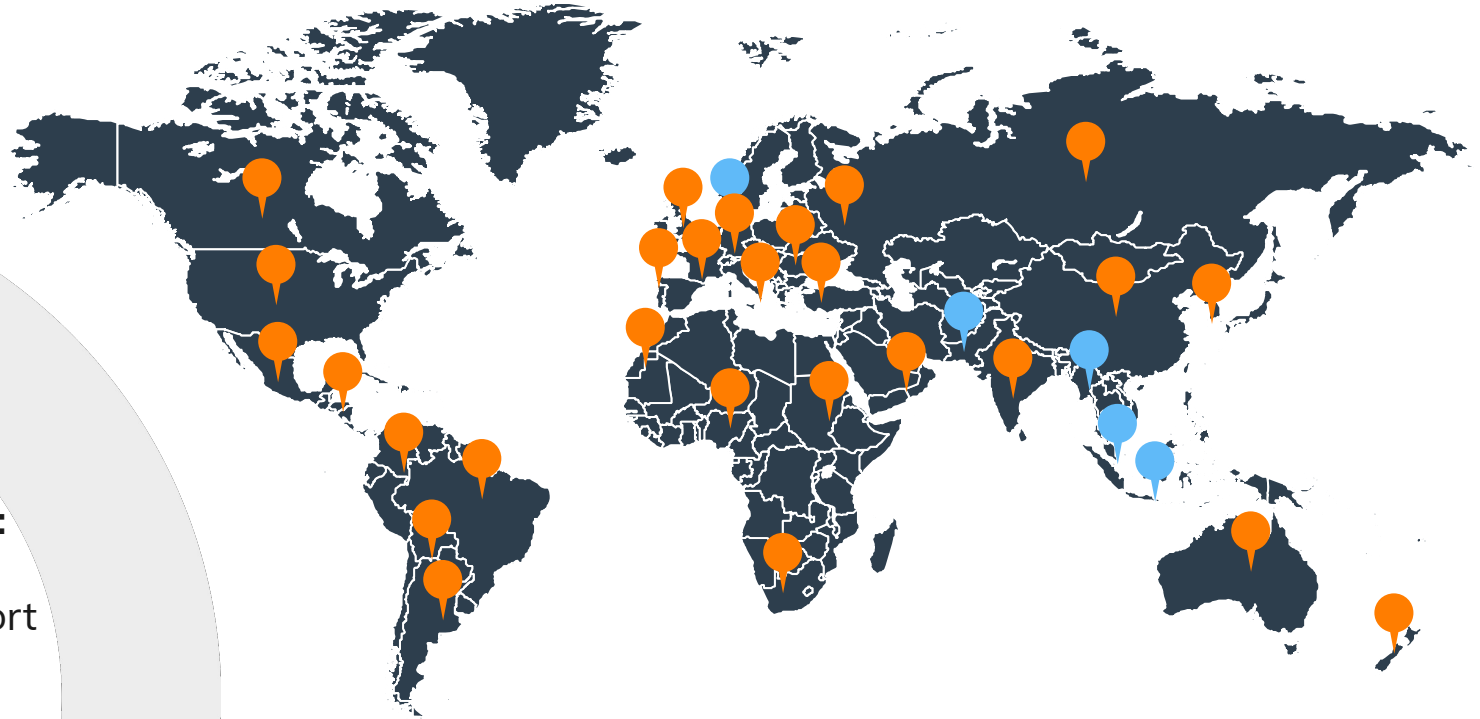
Currently Support:

English, Spanish (LATAM), Spanish (ES), Portuguese, French, Italian, Hungarian, Chinese (Simplified), Japanese, Hindi, German, Turkish, Korean & Russian.



Planned:

Thai, Malay, Dutch, Indonesian, Arabic



UNLIMITED POSSIBILITIES:

We work with clients to support their needs

Sworkit Features



**Workouts, Meditations,
MSK & Nutrition**



Company Challenges



Custom Workout Builder



Monthly Wellbeing Webinars



Sync with Apps & Devices



Speak with Trainers & Coaches

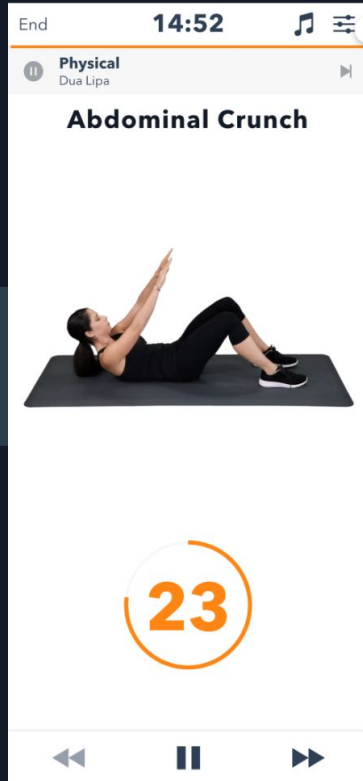


Realtime Engagement Portal



Full-Service Onboarding

Choose how you want to workout



Personalized Workout Player

Workout at your own pace

Choose an exact time length

Build your own workouts

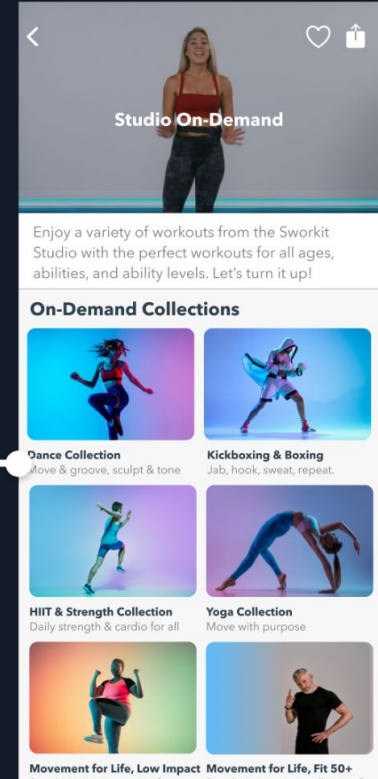
Personal Training workout builder

Studio Style Workouts

Follow along in a class style

Includes dance, kickboxing, tai chi, senior movement, and more

Client's can add their own content

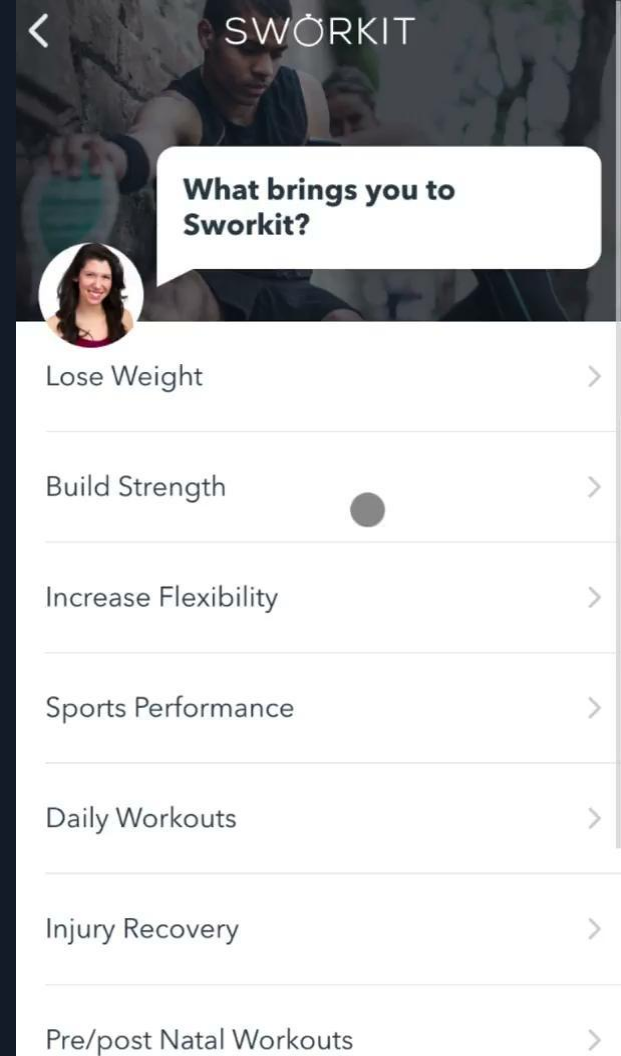


Launches August 2024

Helping Individuals Reach Their Goals

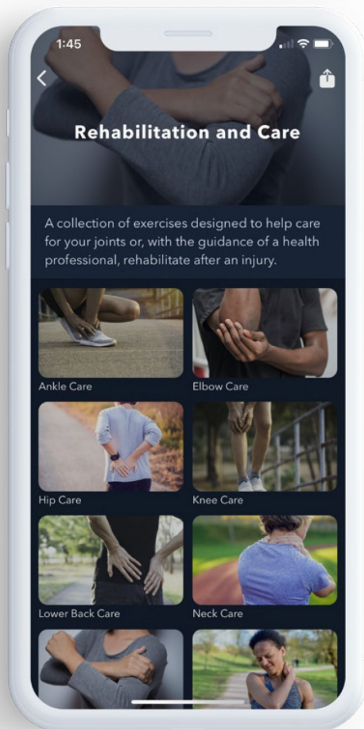
SworKit's AI Recommendation Engine for plans and workouts is based on 10+ dimensions:

- Fitness goal
- Current activity level
- Interests
- Age
- Current weight
- Injuries & pain level
- Past activities
- New workout releases
- Similar users' activity
- Member lifecycle journey



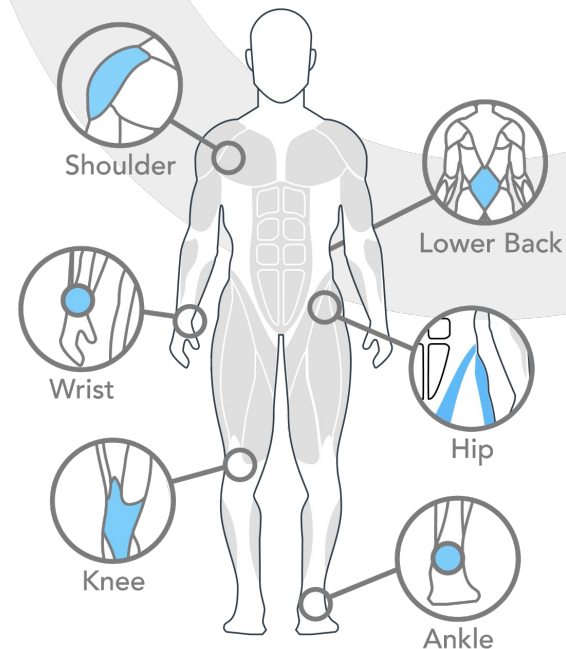
Sworkit MSK

Conquer Pain and Prevent Injuries



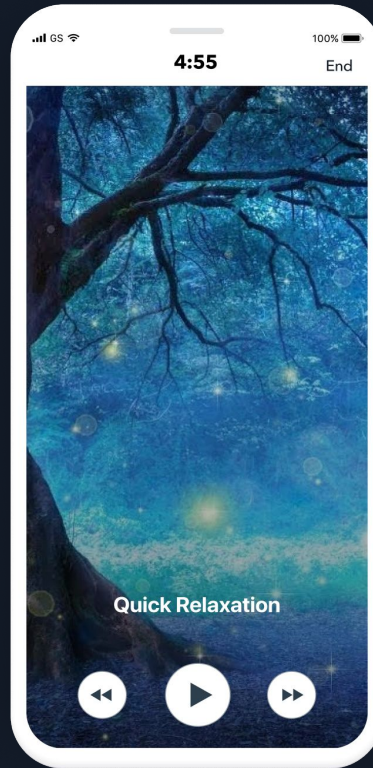
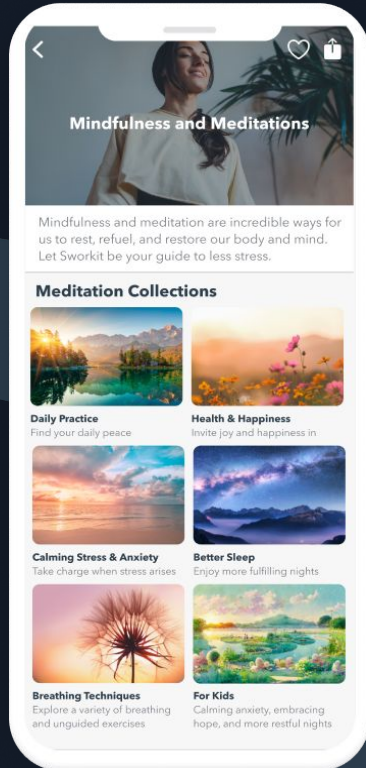
Program Details

- 4-week training programs created by certified professionals and doctors of physical therapy
- All programs and workouts can be individually customized
- Progressive advancement from functional movement to more progressive fitness training
- Each workout combines safe strength, cardio, and mobility exercises



Sworkit Mindfulness & Meditations

Reduce Stress and Increase Confidence



Content Highlights

Daily Affirmations

Visualization

Gratitude

Quick Relaxation

Sleep Focus

Breathwork

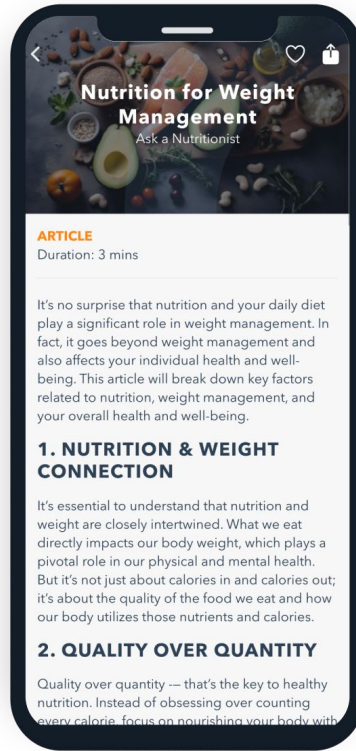
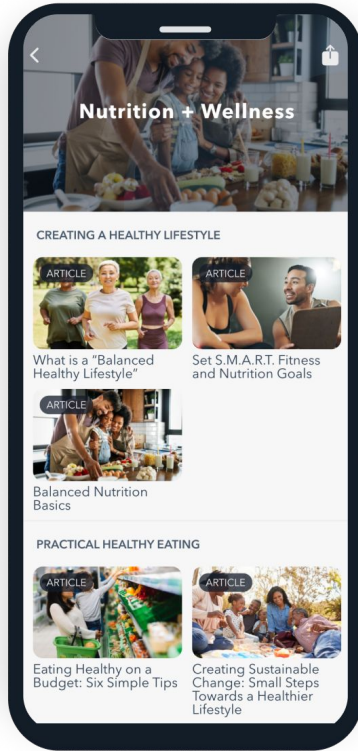
Kid Friendly

Unguided

Mindfulness at Work

Sworkit Nutrition

Empowered Healthy Living



Content Highlights

Creating a Healthy Lifestyle

Practical Healthy Eating

Positive Eating Habits

Chronic Condition Management

Weight Management

Muscle & Toning

Optimal Sports Performance

Ask a Nutritionist

Kids Nutrition

Ask a Trainer Advice

Get advice from Certified Trainers

Members have access to speak directly with our trainers at anytime using the ask-a-trainer feature

Example questions:

- Which program should I start with?
- How can I gain more muscle mass?
- Do you have any lower impact workouts?
- How many days per week should I workout?
- How do I stay motivated to create a consistent habit?
- What exercises are best for sciatica relief?

Meet a Few of Our Trainers



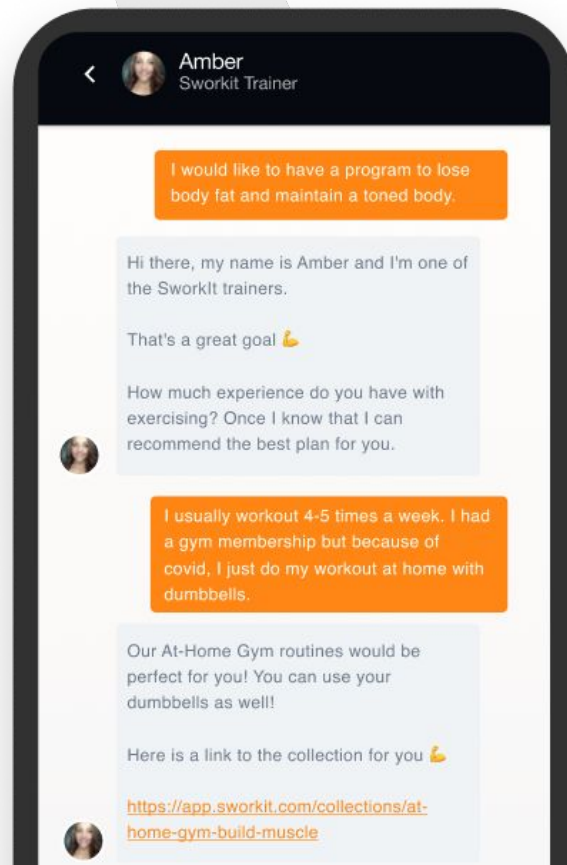
STEPHEN HILL, PT, DPT, CSCS

Stephen is a Certified Strength and Conditioning Specialist, Physical Therapist, and one of Sworkit's Fitness Trainers. He loves helping members with injury prevention, exercise modification, strength training, and creating custom workout plans.



AMBER STEELE, PT, DPT, CSCS

Amber is a Certified Strength and Conditioning Specialist, Physical Therapist, and one of Sworkit's Fitness Trainers. She loves helping members, answering their fitness and nutrition questions, and creating custom routines based on members' personal goals.



Consistency is Key

TRACK YOUR PROGRESS

Wearables and Fitness Integrations

Enjoy Apple Watch, Apple Health, Fitbit, Google Fit (and more) device-integration, tracking wellbeing and fitness activities

Supported Integrations



Apple Health



Google Fit



Fitbit



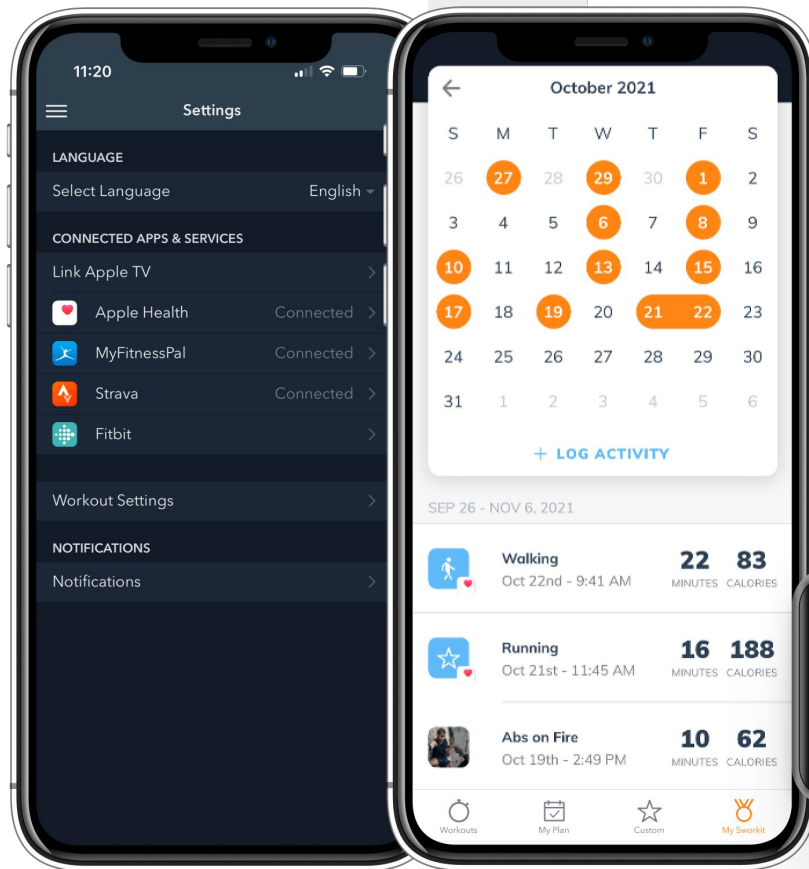
Strava



MyFitnessPal



Virgin Pulse



Sworkit Live

Workout Together, Anywhere, Anytime

LIVE WORKOUTS

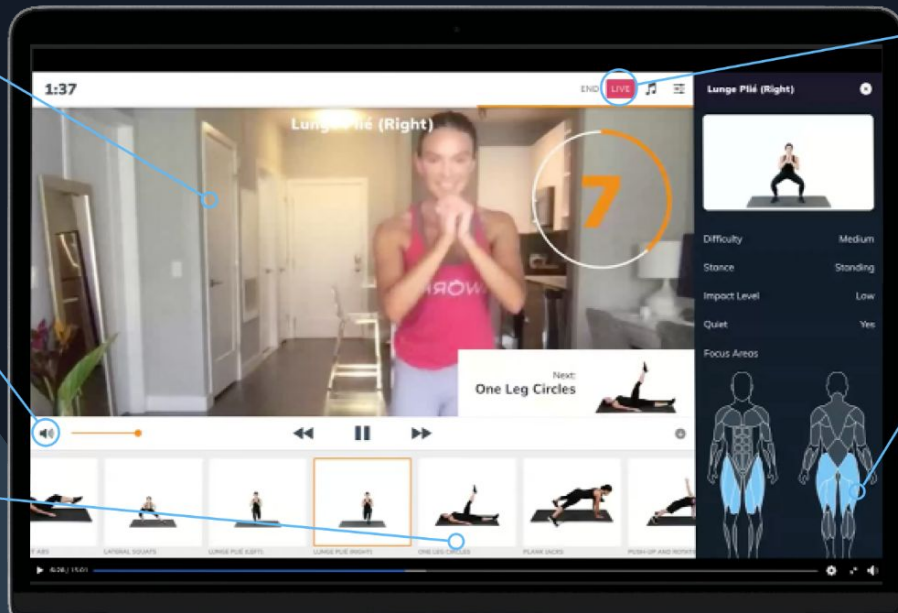
Connect with your team and run your own live workouts with the Sworkit LIVE player

TURN IT DOWN

Adjust the Sworkit audio so that you can listen to your instructor

WHAT'S NEXT

See what exercises are coming up next



GO LIVE ON DESKTOP

When you're on a desktop computer you can tap the "LIVE" button to replace the Sworkit video with your own video!

EXERCISE DETAILS

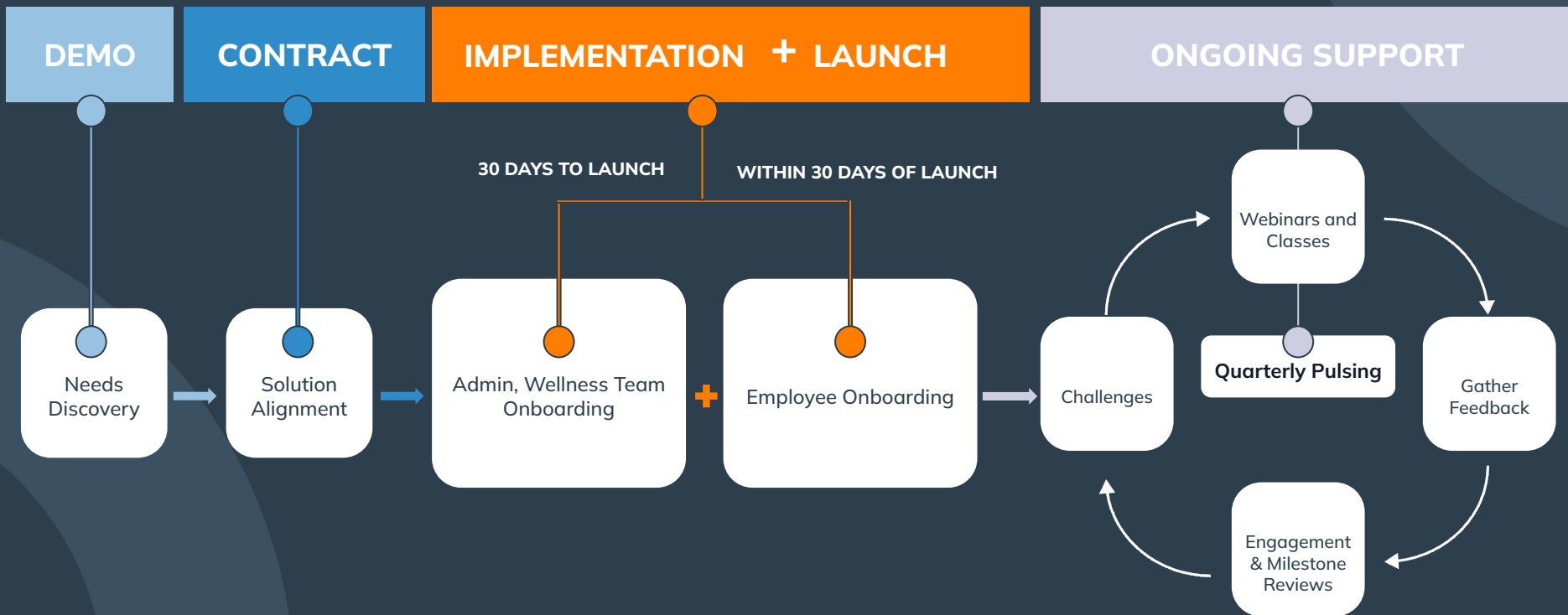
See target muscle and joint groups for each exercise. Sworkit also shows how to make the exercise easier or harder

Onboarding Process

STEPS TO SUCCESS



THE SWORKIT DIFFERENCE



OUR PARTNERSHIP BREAKDOWN

DEMO	CONTRACT	IMPLEMENTATION + LAUNCH		ONGOING SUPPORT
Needs Discovery	Solution Alignment	Admin, Wellness Team Onboarding	Employee Onboarding	Quarterly Pulsing
<ul style="list-style-type: none"> • Key Challenges • Current Benefits • Sworkit Presentation • Measures of Success • Language Needs • Webinars & Classes 	<ul style="list-style-type: none"> • Program Review • Legal Agreement • Invoicing • Timing Alignment • Sign-up Process 	<ul style="list-style-type: none"> • Admin Portal Overview • Employee Invites • Milestones & Rewards • Challenge Ideation • Marketing Materials • Monthly Newsletter • Webinar Calendar • Support Channels 	<ul style="list-style-type: none"> • Live App Demo • Ask-a-Trainer Intro • Sign-up Support • Syncing Capabilities • Challenge Introduction • Sworkit Movement Break • Q&A 	<ul style="list-style-type: none"> • Continued admin support • Engagement strategies & reporting • Challenges & webinars • Survey employees • Product updates

DEMO

DEMO

Needs
Discovery

- Key Challenges
- Current Benefits
- Sworkit
Presentation
- Measures of
Success
- Language Needs
- Webinars &
Classes

CONTRACT

Solution Alignment

IMPLEMENTATION

Admin, Wellness Team
Onboarding

+ LAUNCH

Employee Onboarding

ONGOING SUPPORT

Quarterly Pulsing

CONTRACT

DEMO

CONTRACT

IMPLEMENTATION

+ LAUNCH

ONGOING SUPPORT

Needs
Discovery

Solution Alignment

Admin, Wellness Team
Onboarding

Employee Onboarding

Quarterly Pulsing

- Program Review
- Legal Agreement
- Invoicing
- Timing Alignment
- Sign-up Process

IMPLEMENTATION

DEMO	CONTRACT	IMPLEMENTATION	LAUNCH	ONGOING SUPPORT
Needs Discovery	Solution Alignment	Admin, Wellness Team Onboarding	Employee Onboarding	Quarterly Pulsing
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LAUNCH

DEMO

Needs
Discovery

CONTRACT

Solution Alignment

IMPLEMENTATION

Admin, Wellness Team
Onboarding

LAUNCH

Employee Onboarding

ONGOING SUPPORT

Quarterly Pulsing

- Live App Demo
- Ask-a-Trainer Intro
- Sign-up Support
- Syncing Capabilities
- Challenge Introduction
- Sworkit Movement
- Break
- Q&A

ONGOING SUPPORT

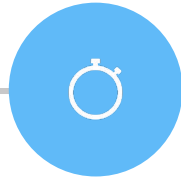
DEMO	CONTRACT	IMPLEMENTATION + LAUNCH		ONGOING SUPPORT
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				<ul style="list-style-type: none">Continued admin supportEngagement strategies & reportingChallenges & webinarsSurvey employeesProduct updates

Next Steps



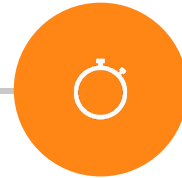
Schedule Calls

- Employee Demos
- Admin Portal Tour for Wellbeing Team



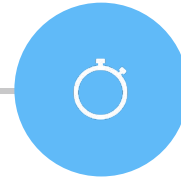
Assign Admins

- Anyone who would have access to SworKit's employee management and engagement portal



Map Out Launch Timeline

- Official Go Live Date Internally as well as Other Milestones



Discuss Kickoff Challenge and Rewards

- Challenge Options
- Company Internal Rewards

Key Points of Contact



**NEIL
MAMMELE**

Head of Growth
Needs Discovery



**TORI
DAVIS BOYSEL**

Head of Client Success
Experienced Client Delivery



**RIKKI
BAUTISTA**

Client Engagement Specialist
User Engagement Strategies

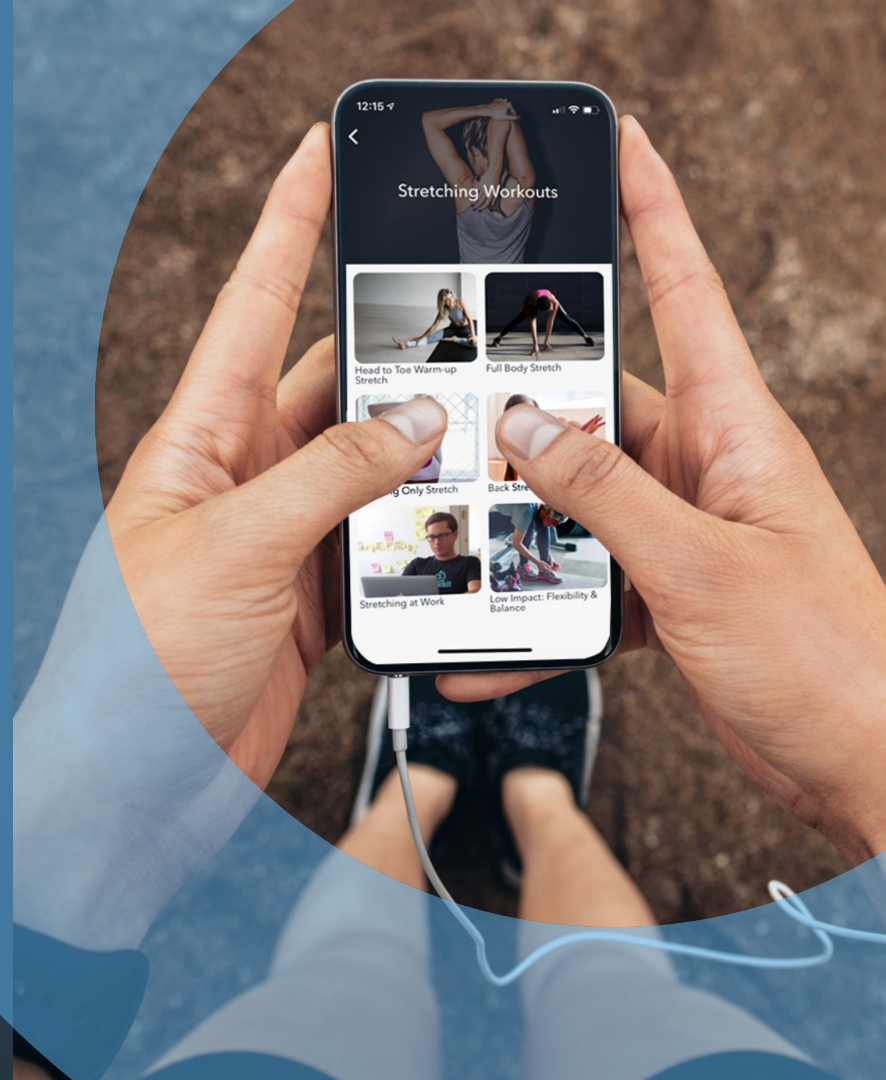


**RYAN
HANNA**

CEO
Executive Sponsor

The Perfect Launch

TIPS FOR SUCCESS



Sworakit Launch

BEST PRACTICES



COMMUNICATION: WHERE + HOW

Share your wellness announcements on as many channels as possible: internal chats, email, and meetings. Try creating an internal wellness page with all your upcoming activities!



COMMUNICATION: HOW OFTEN

Stay consistent with your wellness announcements so that your employees will begin to expect them. Plan for at least monthly announcements.



GETTING EMPLOYEES EXCITED

Pair a Sworakit employee walkthrough demo and challenge with your launch within the 1st week to get people excited and engaged.



KNOW YOUR WELLNESS ADVOCATES

Find out who is passionate about wellness and invite them to become a Sworakit admin - they will spread the word by default! Empower them to create internal challenges and lead Sworakit workouts.

Your Implementation Checklist

Employee Access Options:

1. **Self Sign-up** available through a flyer and able to restrict to work domains
 - a. Option 1: QR code that is the same for all TM/employees
 - b. Option 2: Self sign-up with custom link i.e. **app.sworkit.com/redeem/company**
2. **Eligibility file + custom url landing page** to verify via unique identifier
 - a. Decide on eligibility file template and your main custom url. i.e. **app.sworkit.com/signup/company**.
 - b. Implementation timeline varies depending on file upload process (manual, HRIS, admin or client)
3. **Invite members** directly via email from our Sworkit admin portal
 - a. Requires a specific csv template and safelisting Sworkit emails

**Single sign-on is an option at additional cost*

IT Integration and Safelisting:

- If using an eligibility file, please use [this template](#) in csv format and have a unique identifier (email or employee ID). Please work with your IT department to process an automated file or manual file upload either in the Sworkit app or HRIS system.
- Please ask your IT department to safelist emails from @sworkit.com, *@sworkit.com and *@mg.sworkit.com. This ensures any emails will not go into spam or junk, nor be marked as restricted.

Marketing & Comms Checklist

- Launch email invites sent from Sworkit
- Challenge communications
 - Emails
 - In app notifications
- Onboarding assets with your branding
 - Languages
- Identify internal client wellbeing themes and initiatives
- Monthly webinars, newsletters & events

SWORKIT

YOUR GUIDE TO SWORKIT

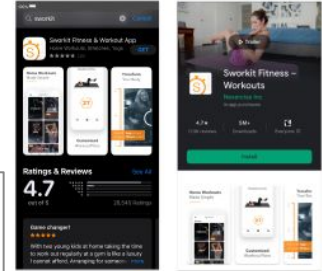
Company
Logo

Sworkit helps you get in shape and improve your overall personal fitness with access to thousands of exercises, workouts, plans and challenges.

Download the Sworkit Mobile App

If you'd like to use our app, search the App Store or Google Play for "Sworkit."

Once you have the app installed, **Sign In** with the same account you created your account with.














Scan the QR code to be taken to the signup link below.

QR
Code

Join Sworkit at app.sworkit.com/redeem/company

Sign up to Sworkit on the web or your phone and will be able to access Sworkit on any of your devices.

Tap **Activate Now** Enter your corporate email and name Select "**No, create an account**" Enter a password to create your account Tap **OK** as the last step

 <p>You have access to Sworkit as provided by Fitzone</p> <p>Activate Now</p>	 <p>Create an Account</p> <p>Enter a password to create your account</p> <p>Email</p> <p>Password</p> <p>Activate Now</p>	 <p>(Do you have an existing Sworkit account?)</p> <p>No, create an account</p> <p>Yes, I have an existing account</p>	 <p>Verify your information</p> <p>Company Email</p> <p>Name</p> <p>Continue</p>	 <p>You are signed in!</p> <p>Email: example@fitzone.com</p> <p>If this looks right, click OK to get started.</p> <p>OK</p>
 <p>Total Wellbeing Made Simple</p> <p>Sworkit provides health and wellbeing support to help you stay active - regardless of your fitness and experience level.</p> 	 <p>Simply Work It</p> <p>Sworkit's innovative wellbeing and fitness app make it easy, enjoyable, and simple to meet your health and fitness goals.</p>	 <p>Simply Work It</p> <p>Sworkit's innovative wellbeing and fitness app make it easy, enjoyable, and simple to meet your health and fitness goals.</p>	 <p>Simply Work It</p> <p>Sworkit's innovative wellbeing and fitness app make it easy, enjoyable, and simple to meet your health and fitness goals.</p>	 <p>Simply Work It</p> <p>Sworkit's innovative wellbeing and fitness app make it easy, enjoyable, and simple to meet your health and fitness goals.</p>

Engagement Resources

GETTING THE MOST OUT OF SWORKIT



Getting Engagement From the Start

MORE TIPS FOR SUCCESS



CHALLENGES

Seasonal challenges are a great way to connect employees and encourage healthy social activities.



SWORKIT WELLNESS EVENTS & EMAILS

Organization-wide Sworkit Challenges, monthly webinars, weekly wellness newsletters, tips, and more!



AWARDS & RECOGNITION

Be creative on how you incentivize participation. Sworkit can also work with you to create custom prizes Sworkit prize packs.



COMMUNICATE RESOURCES

Communication & wellness resources available in multiple languages and through internal company channels.



LEADERSHIP SUPPORT

Leadership role-models health and fitness, participates, and supports a lifestyle of wellbeing.



WELLNESS ADVOCATES

Collaborative and supportive champions or committees to help raise awareness and create a culture of wellbeing.



SWORKIT SPOTLIGHT

Nominate and recognize your own employees for making their health and wellbeing a priority!

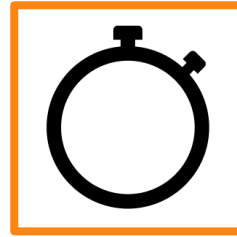


EMPLOYEE FEEDBACK

Getting feedback from your employees is crucial to understanding their health + fitness goals. We can help!

Client Resource Center

Marketing assets to share with your team, leaders, champions, and employees



Upcoming Events

- Company Sworkit challenges
- Monthly Ask a Trainer webinars
- Sworkit 101 Learning Sessions

Onboarding Materials

- Sign-up visuals
- Sworkit overview presentations
- FAQ and support

Sworkit Marketing

- Logos
- Downloadable assets and images

Access the Client Resource Center [HERE](#)

SWÖRKIT

Sworakit Engagement Portal

Example for Real Time Reporting

LIVE PERFORMANCE METRICS

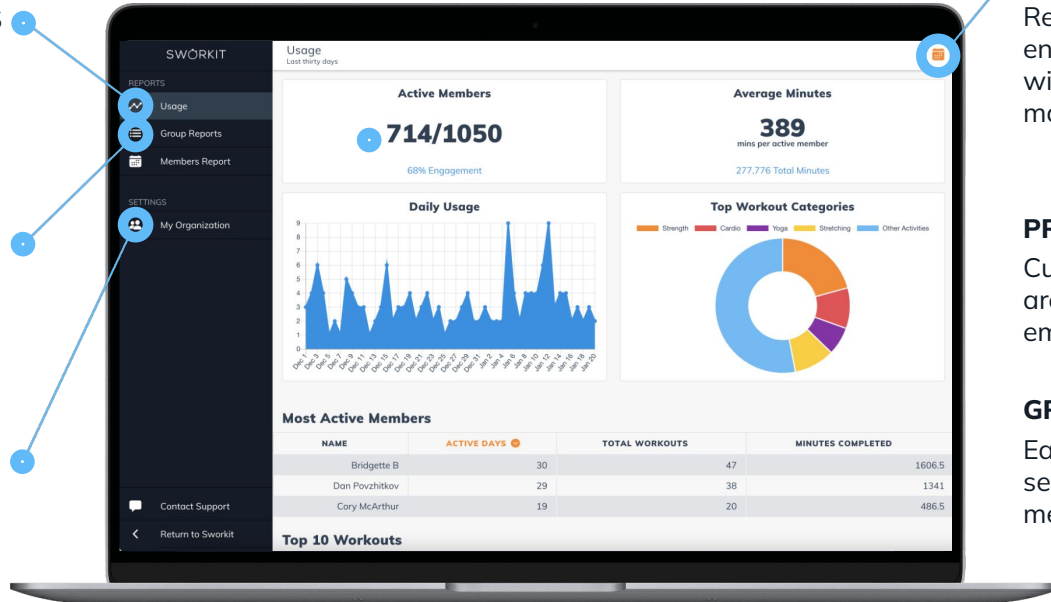
- # of enrollment employees
- # of active employees
- # of activated accounts
- Top company workouts

MANAGE EMPLOYEE GROUPS

Organize your employees by department, regions, or teams to create incentivized challenges

TAKE CONTROL

Company admins can remove access and manage employee invites



MONITOR ENGAGEMENT

Review past and current engagement levels and work with your dedicated success manager to reach goals

PRIVACY

Customizable privacy settings are available to protect employee rights

GROW YOUR TEAM

Easily invite other admins, and send bulk invites for your members to join!

Monthly Wellbeing Webinars



Live Classes: 'Ask a Trainer'
monthly webinars featuring topic experts



Sworkit 101 Q&A live sessions to help you reach your goals



Custom webinar topic options available to you!



SWÖRKIT HEALTH

SWORKIT 101

LIVE WEBINAR LEARNING SESSIONS TO HELP YOU REACH YOUR GOALS

2024 DATES

January 16	July 16
February 20	August 20
March 19	September 17
April 23	October 15
May 28	November 17
June 18	December 17



SWÖRKIT HEALTH

2024 MOVEMENT CHALLENGES & LIVE CLASSES



MOVEMENT CHALLENGES

- Healthy Habits Challenge**
January 1 - March 2
- Sworkit Step & Sync Challenge**
March 17 - 23
- Spring Forward Into Fitness Challenge**
April 15 - 30
- Core & More Challenge**
May 13 - 19
- Swörkout Summer Fitness Challenge**
June 17 - July 14
- Anywhere, Anytime Challenge**
August 1 - August 31
- Pep in Your Step Challenge**
September 9 - 22
- Fall Flex and Stretch Challenge**
October 7 - 27
- Stress Less Movement Challenge**
November 11 - 30
- 12 Days of Sworkit: Healthy Holidays Challenge**
December 9 - 20

LIVE CLASSES
Second Tuesday of Each Month

- Creating a Personalized Workout Plan that Works for You
- Foods to Fuel Your Fitness
- The Benefits of Walking and Warm-Up Ideas
- Reduce Stress: Deep Breathing & Stretching
- Build Strength Safely
- Movements to Release Back Pain
- Exercises for Diabetes & Blood Sugar Management
- Relax and Refresh Yoga
- Exercises for a Healthy Posture
- Combat Tight Shoulders and Tech Neck
- Move More at Work: Healthy Tips to Promote Productivity
- Feel Good Stretch

24/7 Sworkit Health App Access: app.sworkit.com | Questions? Contact support@sworkit.com



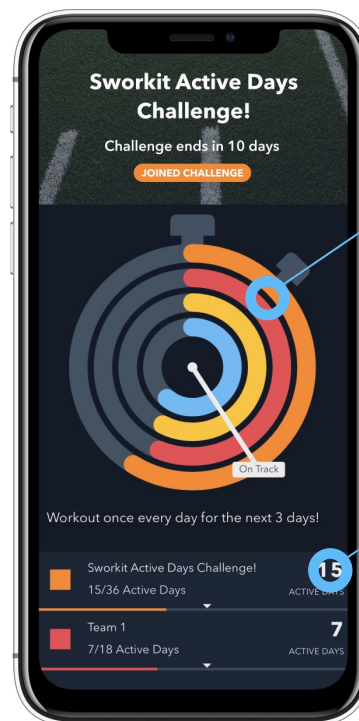
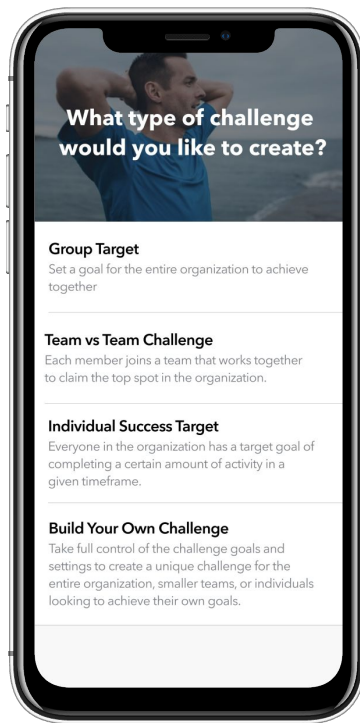
SworKit Corporate Challenges

IMPROVE TEAM MORALE & ENCOURAGE TEAMWORK

CUSTOMIZE YOUR CHALLENGE

Create exciting fitness challenges for your entire organization, select departments, or even smaller support groups looking to encourage each other.

SworKit Challenges provide the flexibility to enable employees at all levels to create their own challenges with colleagues. The ultimate goal is to encourage and connect vs. pressure and compete.



ACHIEVE TOGETHER
Motivate, connect, and reach your goals together as a healthier company.

ACCESSIBILITY
Create challenges that ensure every participant can benefit by choosing from active days or minutes-based challenges.

Client Spotlights

HOW COMPANIES ARE ACHIEVING
WELLNESS GOALS WITH SWORKIT



SWORKIT CASE STUDIES

Learn about all of our **client case studies here.**

“The Sworkit Health platform serves as a vital tool in our efforts to elevate and enhance participant wellbeing.”

JEREMY DRECKSEL

Director of Health Promotion & Wellness
at Select Health

SWORKIT
HEALTH

Mental Health Webinars & Flexible Fitness Solutions to Support Employee Wellbeing

Around 20% of the world's children and adolescents have a mental health condition.(1)

During COVID-19, more than 40% of those surveyed reported at least one adverse mental or behavioral health condition related to the pandemic.(2)

CLIENT CHALLENGE

Almirall wanted a wellness partner who could deliver accessible fitness and mental health solutions, that could accommodate their diverse employee group across multiple geographic locations with different languages.

SWORKIT HEALTH APPROACH

Sworkit Health and Almirall began working together in 2020 to deliver digital workouts to all employees across multiple countries. In 2021, Almirall added custom monthly health and wellness webinars, as well as live workouts in both Spanish and English. In addition, Sworkit Health provides Almirall employees with monthly team-building fitness challenges and trending wellness content in multiple languages. Almirall utilizes a multichannel engagement approach to reach and encourage participation in ongoing wellbeing offerings.

RESULTS

Since launching in 2020, Almirall's wellness program participation has increased by 420% — providing valuable, new expert-led discussion around timely health-centric topics and supporting employees in a meaningful, ongoing manner.



almirall
feel the science



LOCATION: BARCELONA, SPAIN + GLOBALLY REMOTE

COMPANY SIZE: 1500-2000 EMPLOYEES

INDUSTRY: PHARMACEUTICAL

BACKGROUND

- Almirall is a multi-national pharmaceutical company headquartered in Barcelona, Spain, with over 1600 employees. Almirall's leadership believes that by allowing employees to prioritize their self-care, they will show up even better for patients and customers.

HEAR IT FROM THE PROFESSIONALS

- “(We) launch wellness projects which help them exercise and take care of themselves together. We see the Sworkit team as part of our team, and they are always there to help us improve and make progress.”
— Laia, Corporate Human Relations, Spain

— Laia, Corporate Human Relations, Spain



University Employees Get Active through Diversity & Inclusion-Friendly Movement App*

An inclusive physical activity philosophy supports all individuals receiving the necessary support and accommodations to achieve personal participation goals, regardless of label or setting. (1) We can make fitness and wellness spaces less about performative goals and milestones and more about unification. (2)

CLIENT CHALLENGE

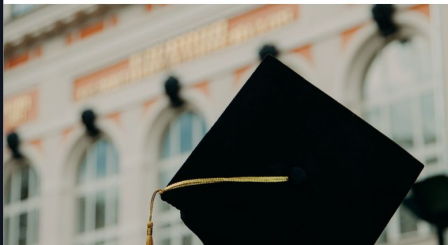
National University (NU) has a largely remote, and diverse, employee population. The University views employee well-being as a top priority in their Whole Human Employee strategy. As part of their well-being strategy, The Wellness Loop was created to provide programs and resources to employees, integrating 4 pillars of wellness – physical, financial, emotional, and purpose. NU needed a solution to provide purposeful tools and resources that met the needs of a remote workforce for each wellness pillar.

SWORKIT HEALTH APPROACH

SworKit partnered with National University to create customized challenges and communications that incorporated the Physical Well-Being pillar. This included promotion of challenges through The Wellness Loop monthly newsletter, their internal SharePoint site, Microsoft Teams, and at each New Employee Orientation. SworKit also provides participation data and other metrics to meet the assessment needs of National University.

RESULTS

SworKit created a custom challenge for NU's Human Resources Department, which focused on minutes of physical activity. Each participant was able to exercise anywhere, at any time, but most importantly, choose any form of physical activity that met their needs. Results were impressive – each participant logged an average of 50 minutes of daily activity – more than the national daily recommendation of 30 minutes. The challenge also encouraged team bonding, connection, and engagement in a remote work environment by creating teams of employees that normally do not interface on a daily basis.



LOCATION: CALIFORNIA AND U.S. REMOTE



COMPANY SIZE: 3,000+ EMPLOYEES



INDUSTRY: EDUCATION

BACKGROUND

- As the largest non-profit university in San Diego, National University is breaking barriers in education. As a growing network of non-profit educational institutions, they are united in their mission to build a better future for 41,000+ students and more than 3,300 employees.



Global Company Finds Inclusive Fitness Solution to Support Diversity in Employee Needs

A study from Korn/Ferry International surveyed over 12,500 executives and found that 64% speak two or more languages. (1) Also, a 2022 study from Deloitte that surveyed 175 CEO's in 15+ industries, confirmed that inclusion, equity, and diversity are a top focus in well-being moving forward. (2)

CLIENT CHALLENGE

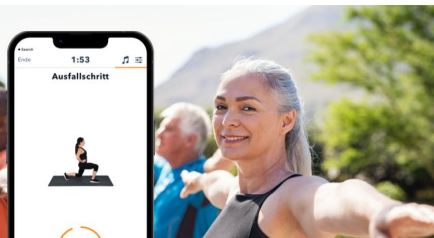
Endava wanted to provide an inclusive fitness benefit to support their global diversity; different languages, cultures, locations, and lifestyles.

SWORKIT HEALTH APPROACH

The Endava Wellbeing initiative is a four-pillar program organized around Mind, Body, Home, and Community. SworKit is the exclusive offering for their Body pillar and is being paid for by funds previously used for in-person gym memberships. Endava has worked with SworKit to provide masterclasses that each drive engagement and adoption of the platform. Endava announced SworKit membership for employees alongside SworKit's keystone webinar on The Science of Exercise.

RESULTS

As of May 2021, over 7,000 participants have joined Endava's workshops and masterclasses led by renowned experts. More than 2,500 people signed up for their different Wellbeing Apps and communities, and accessed the content from their broad digital library over 4,000 times. Satisfaction levels are high, with 97% of participants recommending Endava Wellbeing to a colleague.



LOCATION: THE UK, USA, GERMANY, & THE NETHERLANDS



COMPANY SIZE: 8000+ EMPLOYEES



INDUSTRY: SOFTWARE & TECHNOLOGY

BACKGROUND

- Endava is a multi-national software and technology services company headquartered in the UK, USA, Germany, and Netherlands with more than 8000 employees in over 18 countries.

HEAR IT FROM THE PROFESSIONALS

- "SworKit offered us a more flexible fitness and inclusive benefit than local gym reimbursements."
— Simon, Group Digital Learning Manager, USA



Getting Help

WE'D LOVE TO HEAR FROM YOU!

SUPPORT FOR ADMINS

- Email your account manager or partnerships@sworkit.com with questions
- Schedule monthly or bi-monthly calls with your account manager to review your engagement and to discuss strategy and long-term planning.

SUPPORT FOR EMPLOYEES

- Help Center at <https://help.sworkit.com>
- Email support at support@sworkit.com
- Chat with Sworkit Trainers [in the app](#)
- Employee Overview Guide

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