



# Espresa

Powering Great Workplaces®

## ◆ Wellbeats

Wellness

# Espresa x Wellbeats: Amplified Engagement, Unified Wellbeing

A powerful partnership delivering inclusive, on-demand wellness for every employee—anywhere, anytime.

[espresa.com](https://espresa.com)



# Espresa x Wellbeats

## Where trusted wellness content meets proven employee engagement

Espresa powers employee engagement through Lifestyle Spending Accounts (LSA), Wellbeing & Challenges, Recognition, and data-driven experiences. Wellbeats—part of LifeSpeak Inc.—brings the wellness content employees need to thrive.

Together, they create a seamless wellness ecosystem that meets employees where they are and turns passive programs into measurable action.

By embedding Wellbeats content into Espresa's high-engagement engine, organizations can replace fragmented tools with one integrated solution—driving behavior change through personalized content, challenges, automation, and incentives.

The partnership expands Wellbeats' reach while enabling Espresa to offer richer wellness content—without the burden of content creation.

## Unlock the Benefits



Preferred pricing  
and streamlined  
implementation



A single Master Services  
Agreement (MSA)—no extra  
contracts, no admin lift



3× higher global  
engagement than  
standalone tools<sup>1</sup>

<sup>1</sup> [Espresa Benchmark and Trends Report, 2024](#)

# Empower Every Employee to Thrive

## Expert-Led. On-Demand. Fully Integrated.

Espresa's innovative partnership with Wellbeats delivers personalized wellness content—fitness, nutrition, mindfulness, and more—directly into an engagement platform that tracks, incentivizes, and scales.

Employees get more ways to take action. Employers get real data, real results.

### What's Included with Wellbeats

Wellbeats offers a broad, inclusive library of wellness content designed to meet employees wherever they are. This includes:



#### **Fitness**

- On-demand classes for all fitness levels
- Strength, cardio, yoga, mobility & more



#### **Mindfulness**

- Guided meditation & breathing exercises
- Stress-reduction sessions tailored to work-life



#### **Nutrition**

- Meal prep guides, healthy recipes, and practical tips
- Video instruction by certified professionals

With mobile and desktop access, secure SSO login, and zero setup required, Wellbeats ensures effortless access—at home, in the office, or on the go.

# Distinct Strengths. Powerful Synergy.

## Wellbeats Delivers

- ✓ 1,200+ expert-led wellness classes
- ✓ Fitness, nutrition, mindfulness, mental health
- ✓ Personalized content recommendations
- ✓ On-demand access via web and mobile
- ✓ Trusted global wellness content

## Espresa Amplifies

- ✓ Challenges and task-based engagement
- ✓ Events and program management
- ✓ LSA integration and points-based incentives
- ✓ Recognition, rewards, and automation
- ✓ Wellbeing assessments and real-time reporting

## Inclusive and Personalized

Content is created with accessibility, cultural inclusivity, and varying life stages in mind, ensuring every employee can find support that resonates.

## Access Made Effortless

Wellbeats is just a click away—whether at home, in the office, or on the go. With SSO and mobile or web access, your team gets secure, seamless wellness support anytime, anywhere.







# Integrated Capabilities That Drive Engagement

Together, Espresa and Wellbeats empower organizations to move beyond passive wellness into active-driven engagement.



## **Launch Company-Wide Wellness Challenges**

Using Wellbeats programs (e.g., “30-Day Nutrition Sprint” or “Mindfulness Month”) mixed with your own custom activities

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## **Monitor Participation Data**

With actionable insights—delivered regularly

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## **Incentivize Progress**

Using LSAs or points-based rewards, only earned through action

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## **Blended Wellbeats Programs with Espresa-hosted live events**

Or employee-led groups

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## **Create a Connected, Branded Experience**

Not just another app

## Why Companies Choose Espresa x Wellbeats

- ✓ Organizations have seen significantly higher participation—up to 3x— in wellbeing programs that combine on-demand content with Espresa’s engagement tools<sup>2</sup>
- ✓ Content designed to support global workforces, with options that reflect diverse cultures and abilities
- ✓ Includes family-friendly wellness content for all levels (beginner, intermediate, and advanced) that helps support holistic wellbeing beyond the workplace

## Ready to Elevate Your Employee Wellbeing?

Learn how Espresa x Wellbeats can drive engagement, reduce burnout, and make wellness measurable.



Contact us at [consultants@espresa.com](mailto:consultants@espresa.com)

<sup>2</sup> [Espresa Benchmark and Trends Report, 2024](#)