



**lean**  
CORPORATE WELLNESS

# COMPANY PROFILE



The background is a solid teal color. It features several white, thin-lined abstract shapes that resemble stylized leaves or petals. These shapes are arranged in a symmetrical pattern, with some pointing upwards and others downwards, creating a sense of movement and growth. The shapes are layered, with some appearing in front of others.

**Empowering your  
workforce to Thrive.**

“

**We**

help you improve the health and well-being  
of your employees, leading to increased productivity  
Reduced healthcare costs, and a happier, more engaged  
workforce by designing wellness programs that works.

”

# Our Story

iLean was founded out of deep passion for helping others achieve their best selves, as former employees ourselves, we know firsthand the importance of a healthy and balanced workplace.

We've seen the negative effects of work-related stress and poor health habits, not just on individuals, but on entire teams and companies. Driven by our own experiences, we decided to take action and start [iLean] after more than 15 years of experience in the medical and health promotion field .

## *Our mission is simple*

to help transform workplaces  
into healthier, happier, and more productive environments.



# WHY

## Corporate Wellness ?

### 1 Employees health alarms:



Of Adults are  
overweight or  
obese



Of Employees are  
on unhealthy  
diet which makes  
them  
less productive



Of people  
Suffer from  
Physical Inactivity

### 2 Cost of employees poor health:



### 3 by applying corporate wellness programs:



250M\$

Saved cumulatively on  
health care costs



80%

Reduction in lost  
working days



50%

Reduction in insurance  
premium



50%

Reduce turnover rate  
and improved employee  
engagement



6:1

workplace wellness  
programs can lead to a  
return on investment of up to

<sup>\*1</sup> Gallup <sup>\*2</sup> CDC, 2015 <sup>\*3</sup> The World Health Organisation <sup>\*4</sup> Study by International Foundation of Employee Benefit Plans

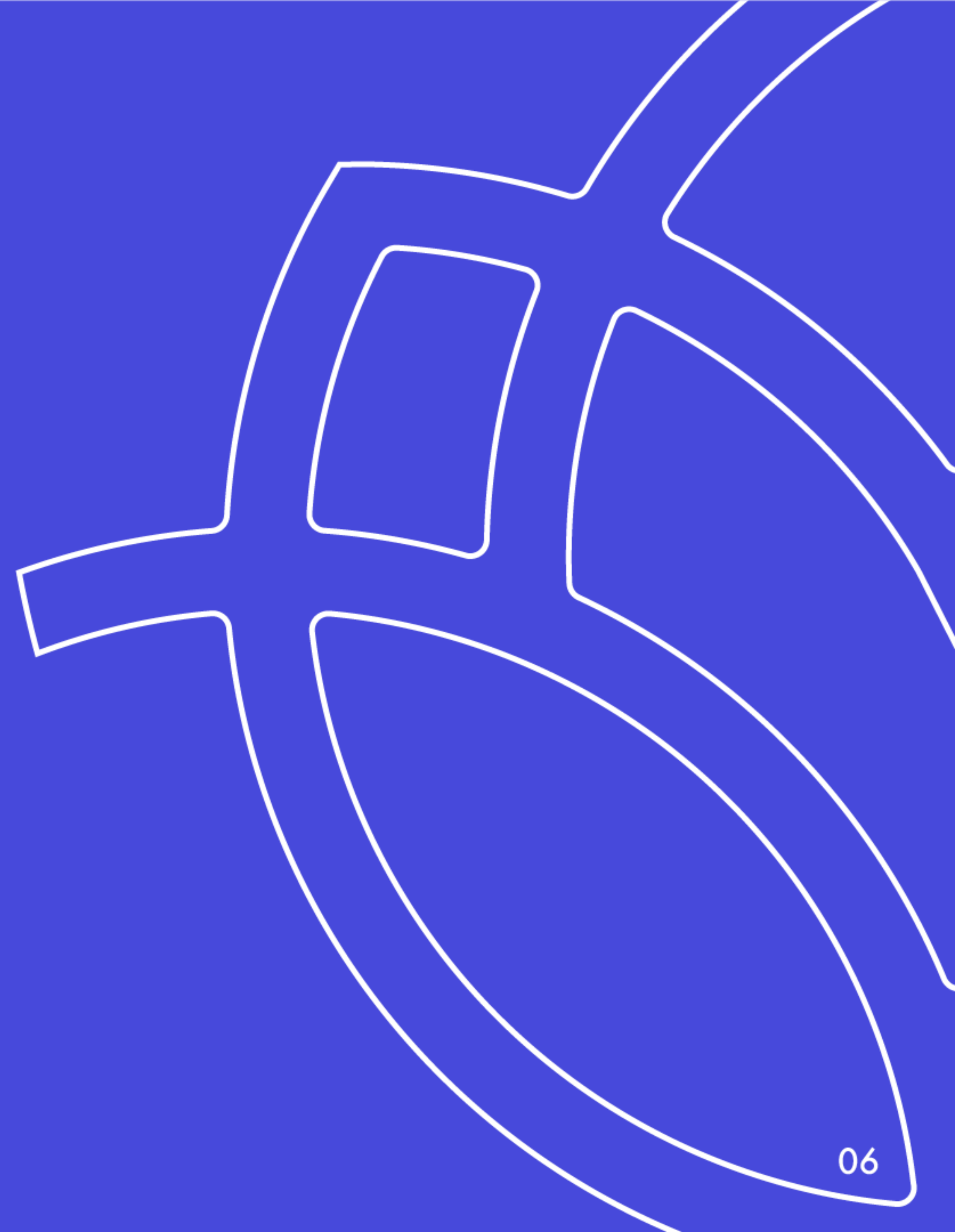
<sup>\*5</sup> Harvard Business School Review, 2015 <sup>\*6</sup> WHO STUDY

# WHY

## Corporate Wellness ?

Corporate Wellness Programs model exceeds the traditional “feel-good wellness” perspective and aims at a “results-driven wellness” approach that produces tangible business and health outcomes.

Every Company truly invested in corporate Wellness Programs for their employees, can achieve amazing results like :



## Individuals

1 Better sleep, food

2 Reductions in stress & anxiety

3 More energy, creativity,  
productivity & happiness

# WHY Corporate Wellness?

## Organization

1 Develop a happier, healthier  
and more effective workforce

2 Improve business outcomes

3 Invest in employee wellbeing  
& resilience

## WHY

### Corporate Wellness ?

# WHAT ARE THE 6

# DIMENSIONS OF WELLNESS?

To enhance well-being, we need to understand its essential elements. Most wellness programs are built on six key elements that drive a thriving life





# Company Summary

**iLean**

is a thriving provider of corporate wellness solutions, and is fully dedicated to helping organizations create healthy and productive work cultures.

We believe that employee wellness is the key to business success, and we work with companies of all sizes and industries to design and implement customized wellness programs that fit their unique needs and objectives

At iLean, we understand that every organization is special, which is why we offer a variety of wellness solutions that can be tailored to meet each client's needs to support their wellbeing.



# Why iLean?

- ✓ **+ 15 years of experience**  
in managing wellness and health promotion activities in different settings and in project management
- ✓ **A diverse database**  
of coaches , experts and suppliers we collaborate with which can create exceptional programmes for your employees under our supervision
- ✓ **An advanced online platform**  
We have an advanced online platform that will enable your employees to have 24/7 access to help and support
- ✓ **Contracted with Over 50 Wellness Experts**  
in the fields of Nutrition, Fitness, Stress Management, Life/ Career / Relationship Coaching, Physiotherapy and so much more

*Its not just another corporate fitness activity! The programs we offer will be holistic, comprehensive and cover all dimensions of wellness.*





**Let us help you transform  
your workplace today!**

# Our Mission

Is to empower organizations to create healthy and productive work cultures by providing customized, holistic and comprehensive corporate wellness programs that improves the health and wellbeing of their employees

# Our Vision

Is to be the leading provider in the region of corporate wellness programs that inspire and enable employees and their families to live healthier, happier, and more productive lives



**P**

## Passion

We believe in the work we do. This belief creates strong enthusiasm in how we approach our work—and in our dedication to doing it right

**C**

## Collaboration

We believe in the power of collaboration and teamwork  
We work closely with our clients and partners to create impactful wellness programs that drive positive change

**E**

## Empathy

We are committed to understanding the unique needs and challenges of each client and employee. We approach our work with compassion and respect for individuals and their personal journeys towards wellness

**I**

## Innovation

We are constantly seeking new and innovative ways to improve our wellness solutions and services. We embrace technology and data to provide customized and effective solutions for each client

# Who are we?

We are a team of Wellness Experts who truly believe in Employees' Wellbeing.

Coming from Corporate backgrounds, we relate to Employees Holistic Wellbeing, our team of certified experts brings more than 15 years of experience and knowledge in the fields of Health Promotion and Wellness from leading health organizations.

We are committed to contributing to the 2030 vision of Saudi Arabia that aims to improve the individual and families' quality of life.

We are here to make a positive impact, let us help you transform your workplace today.



# Our Team and Qualifications



**LINA JUL AidAN**

*CEO and Founder*

Certified Corporate Wellness Coach  
BA of Nursing and Medical Sciences



**ESRAA KAMAL**

*Program Director*

Certified Corporate Wellness  
Coach, Master Trainer  
MSc. Public Health



**AMAL AL TOAIMI**

*Project Manager*

Certified Wellness  
& Nutrition Coach  
Ms. Project Management

# WHAT we offer ?

Comprehensive corporate wellness programs that is:



Customized to the Company's direction (goal, mission, and vision)

Personalized and tailored for the employees needs and interests



It is based on updated health and wellbeing best practices and scientifically approved

Delivered by certified registered experts in the field



Holistic addresses all dimensions of wellness, including: mental, physical, social, emotional, and more

# Services

## 1. Wellness oriented Designs for Workplace spaces

- ✓ Design healthy, ergonomic interiors
- ✓ Design Vitality public spaces
- ✓ Design portable gyms
- ✓ Design Relaxation rooms
- ✓ Offer healthy food options and deals
- ✓ Deliver health encouraging environment

## 2-Community activation Initiatives

- ✓ Conduct Wellness Workshops
- ✓ Organize Awareness days
- ✓ Come up with engagement activities & competitions
- ✓ Schedule Fitness/relaxation classes
- ✓ Facilitate Support groups
- ✓ Provide Consultations Hotline



# Our Services (cont..)

## 3-Individualized consultations

- ✓ Nutritional guidance
- ✓ Health coaching
- ✓ Personal trainers
- ✓ Life/ Career coaching
- ✓ Financial coaching
- ✓ Family relationship counseling

## 4-Wellness Technology Solutions

- ✓ Introduce Health & wellbeing tabs in portal/website
- ✓ Include Push notifications, reminders
- ✓ Deliver health content & materials
- ✓ Develop wellness dashboards, or portals

# 1. Wellness oriented Designs for Workplace spaces

Looking for a way to enhance your workspace and boost productivity?

**Our team can help you** create or modify a health-focused design that fosters a more positive, less stressful, and more motivational atmosphere

## What we can do?



### Designing

The offices considering different aspects ergonomic furnishing, natural light, comfort, and stress-free environment.



### Provide

healthy food options such as customized healthy meals, nutritional snack bars, and vending machines with healthier options



### Offer

portable gyms that are customized to fit different spaces by using office treadmills, desk bikes, ...etc



### Creating

a wellness-encouraging environment using artworks wall designs, and motivational posters



### Create

vitality public spaces with walking tracks, convenient and inviting stairs, sport rooms, relaxing rooms and recreational areas



## 2. Community Activation

Do you need to create a wellness culture that is engaging and employee-centered?

**we can help you** provide a health promoting environment where your staff can thrive, and provide them with access to engage in a variety of workplace health programs

### What we can do?



#### Engagement Activities

creating a motivational environment through activities and competitions to improve social relationships between employees among different levels



#### Corporate deals

with different entities to provide employees with special offers (gym subscriptions, Sport shops discounts, healthy meals offers...)



#### Activate awareness days

either the international or customized themed health campaigns



#### Hotline

running by ILean expert to answer or direct employee regarding any health concern



#### Wellness workshops

delivered by experts where employees learn new skills and adapt new habits. Like Healthy Eating and stress management



#### Ergonomics

Assessment and Corporate massage days to help in stress and ease muscle pains



#### Support groups

to share mutual stressful experiences to empower and adopt better coping techniques to face health challenges (weight loss, anger issues, cancer surviving, losing friend or family member...)



#### Sport classes

to encourage activity during the day, reduce stress and increase energy levels (eg: yoga, stretching, meditation, Pilates, HIIT training, walking meetings)



### 3. Individualized consultation

Looking to provide your employees with impactful one to one sessions that aim to improve health and wellbeing through individualized and customized plans

Our wellness experts from all areas can provide consultations and follow up sessions either virtual through ILean App or on-site

#### What we can do?



##### Counselling

Family/ relationship



##### Life coaching

to encourage adaptation of healthy lifestyle , mindset and setting life goal



##### Career coaching

that offer guidance and mentorship for assigned employe



##### Personal trainers

to help employee improve their activity level through personalized workout and training routines



##### Financial coaching

through Individualized money-management coaching, financial planning and income diversification solutions based on the preferences and risk profile



##### Nutritional guidance

customized meal plans and diets by a certified nutritionist to help employee achieve / maintain healthy weight



## 4. Technical Solutions

If your looking to activate wellness programs using technical tools that is currently used in communications in the organization our team can help you utilise them or even design your own tools

### What we can do?



Gamification of your wellness initiatives or share results/reports on dashboards for better employee engagement



Share Wellness content through internal communication emails or embedded in the organization newsletter



Health & wellbeing tabs in portal/website (intranet) that includes health related articles, wellness quizzes and health news



Push notifications reminders to encourage adopting healthy behaviors (movement, hydration, posture, breathing..)



# Package Options

## Ready service selection



Recommended for small companies or well established Employee services who needs specific services

Select the desired services



Engagement - introducing the activities



Implementation

## Customized program



Recommended for variable needs employees, for bigger companies

Current state assessment  
(using different methodologies)



Analysis & recommendation



Program design



Analysis & recommendation



Activation based on the need



Re asses - measure the impact

# Pricing

Our prices varies according to the project size and company needs, but it could be starting from

## Community Activations



Starting from  
**6000 SAR**  
/DAY

## One to one



**250 SAR**  
employee / sessions

minimum 3 sessions per employee  
over 3 months

minimum 20 person enrolled

## Workshops



**300 SAR**  
/employee

minimum 20 person

# One Final Word.....

Our commitment to excellence extends beyond the implementation of wellness programs. We continuously monitor and evaluate our clients' programs to ensure they are effective and meeting their goals.

Our team of wellness experts provides ongoing support and guidance to help organizations sustain their wellness initiatives and achieve long-term success.



# ilean

CORPORATE WELLNESS

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