

The workout plan for the employees your wellness program **doesn't reach.**

You already pay for wellness. The people who need it most rarely use it. Morph is an iPhone app that builds a workout around the time and place each person actually has, even 15 minutes between meetings.

WHAT STOPS YOUR PEOPLE TODAY

"I'm not working out in front of coworkers."

A private plan, with no audience.

"I don't have time."

Sessions sized to the time they have, at home, at work, outside or at the gym.

"I don't know what to do."

A plan that starts where they are, with step-by-step how-tos.

"I fell off and don't know where to start."

Miss a day and Morph adjusts the rest of the week automatically.

YOUR FREE 60-DAY PILOT

- **Free for every employee** for 60 days. No cost, no contract, no obligation.
- **One code to join.** No IT setup, no HR system integration.
- **A weekly one-page report:** how many joined, how active the team is, and how many people who started inactive are now training regularly.
- **One kickoff session** to get your team started.

PRIVACY, BUILT IN

YOU SEE

Team totals only, for groups of 10 or more: how many joined, weekly activity, sessions, survey averages.

YOU NEVER SEE

Names, who joined, individual workouts or answers, or any health data.

Voluntary for employees. Not connected to your health insurance plan. Employees keep their own account and history. Morph never sells data. **iPhone only** for now.

WHY IT MATTERS

3 in 4

US adults don't get enough exercise.¹

~1 in 5

employees join a typical wellness program without incentives.²

21%

of US employees strongly agree their employer cares about their wellbeing.³

Next step: a 15-minute call to pick a start date.

1. CDC / Healthy People 2030, 2024 (26.4% meet both guidelines). 2. RAND Workplace Wellness Programs Study (20% median participation with no incentive). 3. Gallup, 2026.

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