



The Kaido Wellbeing Challenge

The Kaido Wellbeing Challenge is a 4 week, team based Challenge, that empowers your employees to look after their physical and mental health in a fun and interactive way together.

Happier, Healthier, more Engaged Teams in just 4 Weeks

89%

made an improvement in their physical and / or mental health

52%

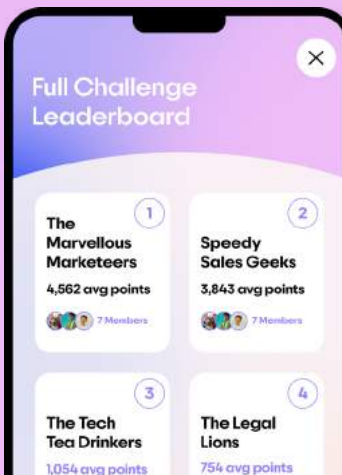
increase in interaction and communication between teams

60%

increase in health and wellbeing conversations at work

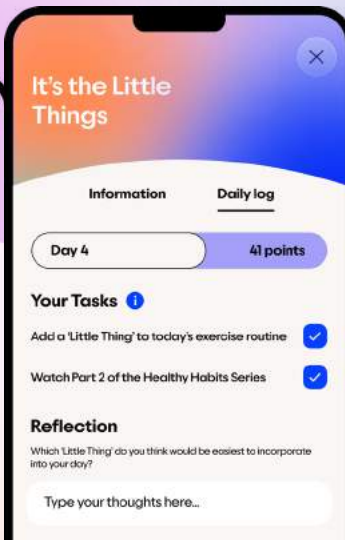
+78

Walking the Dog



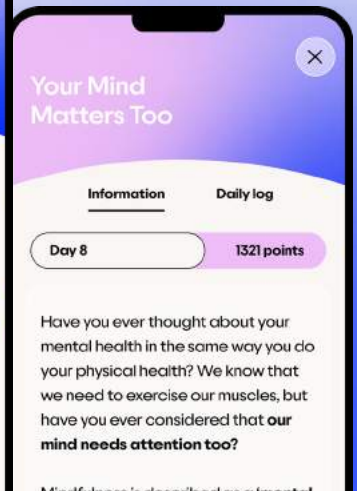
+88

10 mins meditation



+67

Daily Journaling

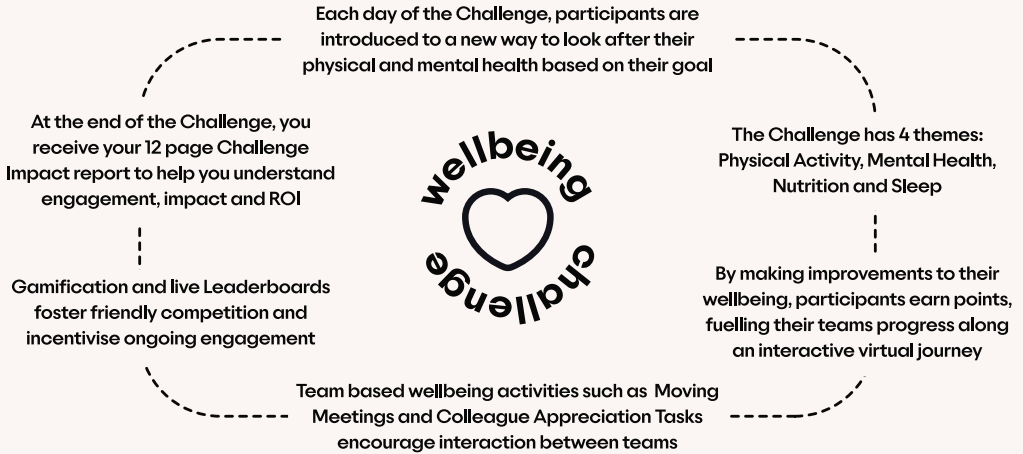


Trusted by 1,000s of teams around the world



How does the Challenge work?

The Kaido Wellbeing Challenge supports each individual participant to find what wellbeing means to them through education, reflection, and fun, team-based activities.



The Kaido Difference

The Kaido Wellbeing Challenge was first launched in 2019 as an inclusive and accessible alternative to the traditional company Steps Challenge. Since then, Kaido has helped 10,000s of teams all around the world to deliver lasting wellbeing engagement.

We know how to engage your people

72% of employees are still engaged with Kaido after 4 weeks.

Businesses and Employees Love Us

97% would recommend Kaido to a friend, colleague or other business.

We are inclusive and accessible

Regardless of health status, location or the need for modern technology

Transparent Pricing, No long term Commitment

2 month, short form contract, only pay for employees that engage

Looking to learn more?

Scan to book a discovery call with a member of the Kaido team or visit <https://kaido.org>

