



ESSENTIO

Health Simplified, Performance Amplified



Corporate Health & Performance

Better health for your people

A clearer picture for your organisation

Essentio turns assessment into action for every person, and shows your organisation where support matters most.

Trusted by leading organisations across Australia and New Zealand



medibank
For Better Health

Bupa

GUHealth

healio

nib

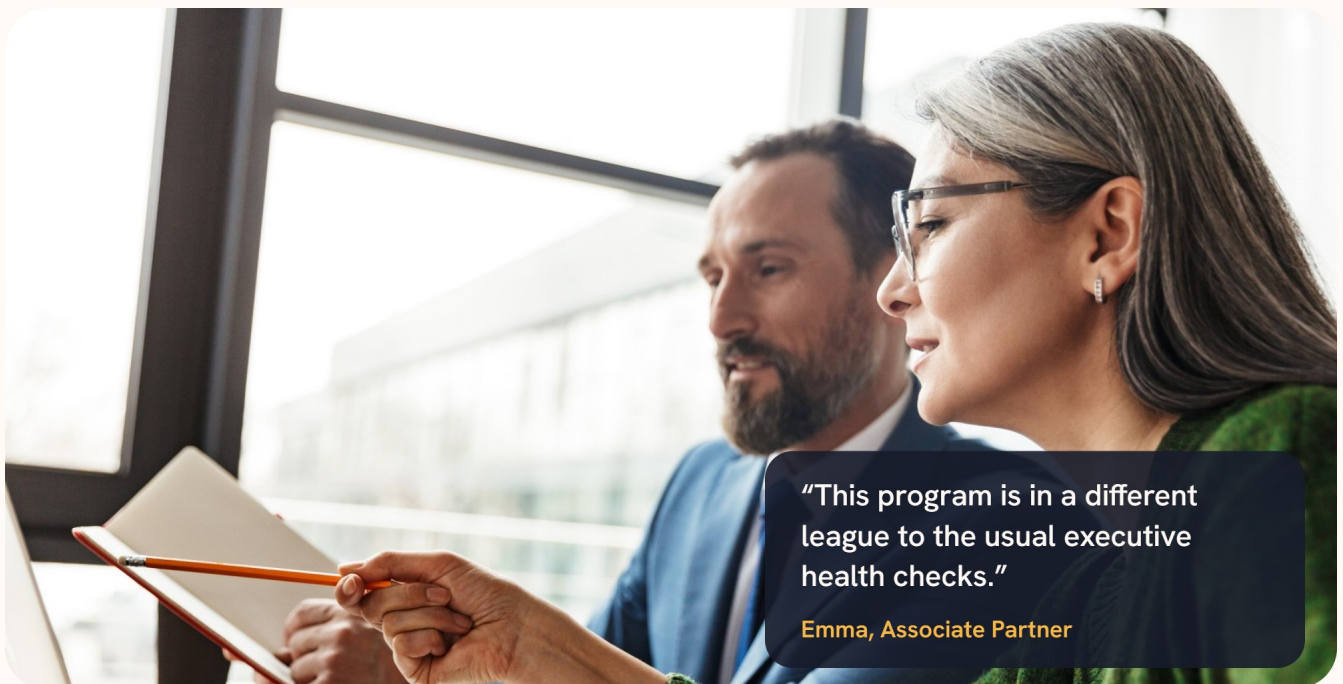
REVLON

RioTinto

Wesfarmers

A health check should be the start

People need to know what their results mean and what to do next. Leaders need to know where support will make the biggest difference. Essentio delivers both.



"This program is in a different league to the usual executive health checks."

Emma, Associate Partner

For each person

Clarity they can use

A confidential report across physical health, fitness, nutrition, sleep and mental wellbeing, in plain language, with next steps they choose.

For your organisation

Insight that shows where to focus

Aggregate patterns in participation, measured risks and opportunities across the people who take part, so support goes where it counts.

What changes

From measurement to momentum

Results become understanding. Understanding becomes a next step: self-guided education, expert coaching, or a referral to a clinician when it's warranted.

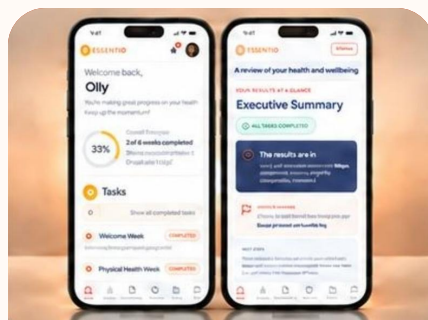
Privacy is assured

Individual results stay confidential. We report aggregate, de-identified data for groups of 10 people or more.

Three pathways, one standard

Different depth, familiar language

Essentio Digital, Core and Elite are built on the same testing standards, so a result means the same thing at every level. Start broad, then go deeper where it matters.



Essentio Digital

For everyone, at their own pace

6 weeks · self-guided

HUMAN SUPPORT

Self-guided

ASSESSMENT

Biometrics, fitness, nutrition, sleep and mental wellbeing

INTERPRETATION

Plain-language personal report



Essentio Core

For leaders and chosen cohorts, with human accountability

45 days · expert-guided

HUMAN SUPPORT

Expert debrief and coaching

ASSESSMENT

Sleep, stress, nutrition, fitness, body composition and physiology

INTERPRETATION

Principal-authored report and debrief



Essentio Elite

For senior leaders, the full picture

90 days · advanced

HUMAN SUPPORT

Personal coaching and 90 days of implementation support

ASSESSMENT

Oura, DEXA, DNA, pathology, cardiovascular and Accredited Practising Dietitian analysis

INTERPRETATION

Expert interpretation of the full diagnostic suite

Every pathway feeds **one reporting suite.**

Participation, risk patterns, experience and observed change, in a single view.

The easy first step to better health

Employees work through a guided six-week program across four areas of health. Everyone gets a personal report straight away. You get a de-identified picture of where your workforce needs support.



01

Physical health

Biometrics, activity and functional fitness.

02

Nutrition

Food diary, education and personal guidance.

03

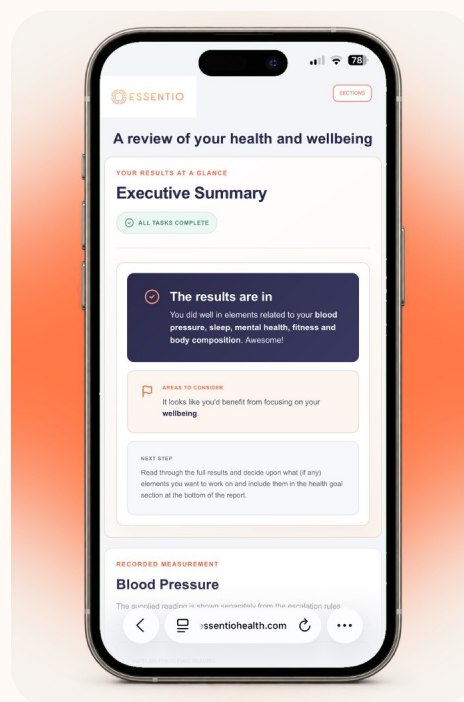
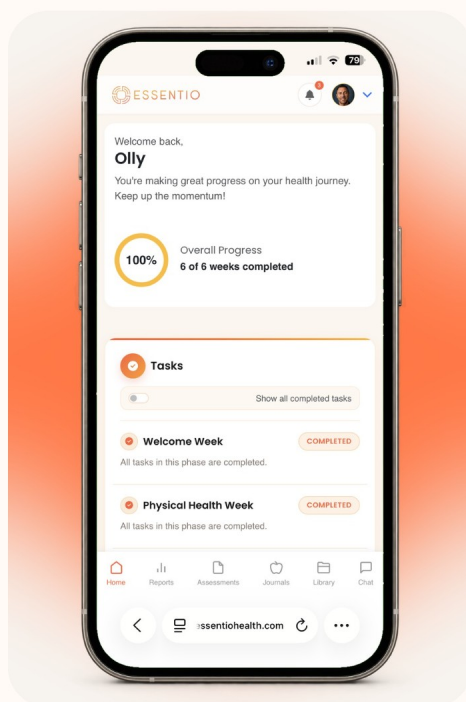
Sleep

A validated sleep assessment and a sleep journal.

04

Mental wellbeing

Ryff wellbeing, DASS-21 stress and an OCEAN personality profile.



What each person gets

A report in plain language and a commitment they own

Results are explained, priorities are clear, and each person leaves with a specific goal, a date and a plan to reach it.

Best for Wide participation and a clear baseline across the whole workforce.

Expert eyes. Real follow-through

For leaders and cohorts who'd benefit from more than a report. Core adds expert interpretation and personal coaching, without needing Elite's full diagnostic suite.

01 Assess

A review of sleep, stress, nutrition, fitness, body composition and physiology.

02 Understand

A report written by a Principal turns findings into clear priorities.

03 Plan

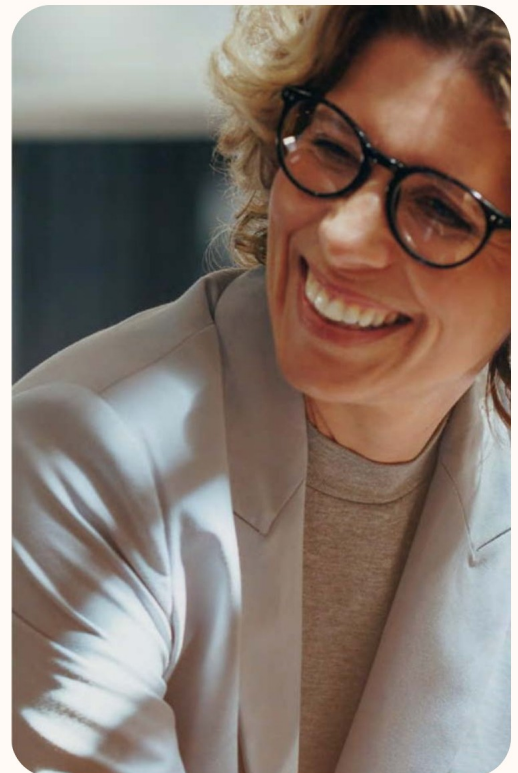
A debrief and agreed goals make the next steps achievable.

04 Support

Coaching, digital support and a progress review keep people moving.

05 Refer

Clinical findings go to the right healthcare provider.



"I was told stuff I didn't really want to hear but NEEDED to hear."

Dr Cath, MD

Want more depth? Add it by agreement

Oura Ring, DEXA, lifestyle DNA, pathology and dietitian analysis can all be added to Essentio Core. Essentio Elite includes them as standard.

Essentio Elite

The deepest view of health and performance

Advanced diagnostics, expert interpretation, personal coaching and 90 days of implementation support, in one program.

Sleep & recovery	Oura Ring analysis
Body composition	DEXA assessment
Lifestyle genetics	Genetic analysis of lifestyle factors
Physiology	Pathology and cardiovascular review
Fitness	Physical capability and aerobic fitness
Nutrition	Accredited dietitian analysis

"The Essentio program included a comprehensive diagnostic phase which provided me with confidence that the recommendations were soundly based and specific to me."

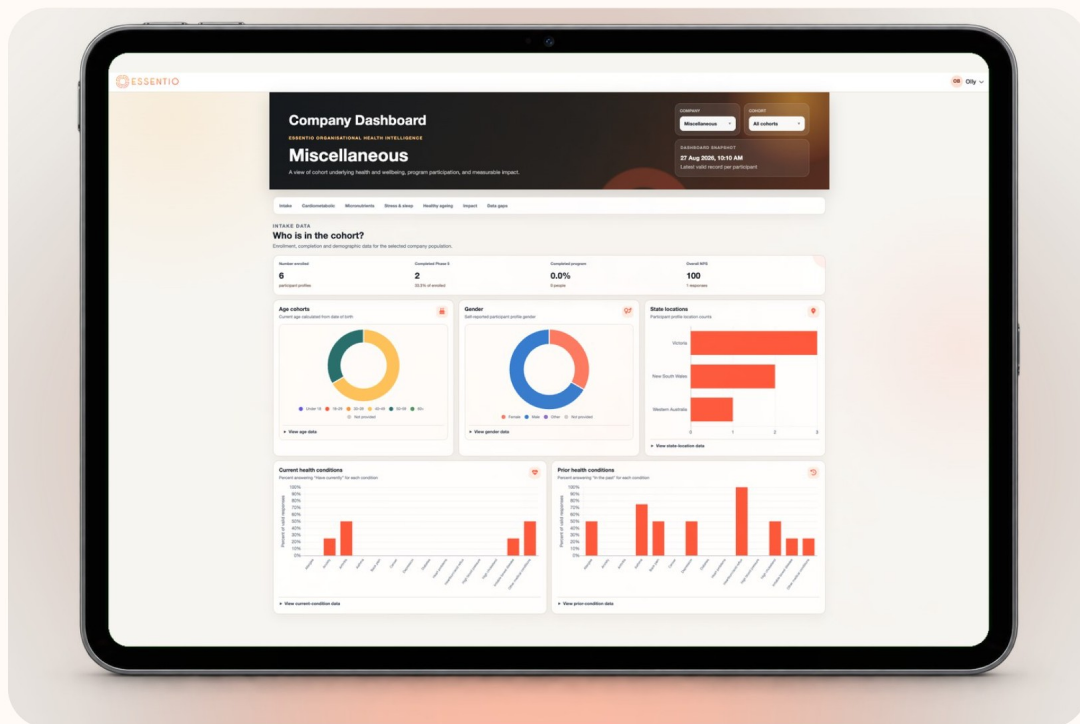
Warrick, Partner

Best for

Senior leaders and approved cohorts who need the greatest level of support.

Know where support will matter most

One reporting suite brings participation, aggregate health-risk patterns, experience and observed change into a single view for your organisation.



Participation

Eligibility, registration, progress, completion and who's taking part.

Risk themes

Measured patterns across physical health and wellbeing.

Impact

Observed change and participant experience, where follow-up data exists.

"The combination of high-tech diagnostics with human connection is a winning formula. It certainly has made a positive difference to me and my team both in the work environment as well as at home..."

Paul, MD and CEO of an ASX-listed company

Every result leads somewhere

● Lower risk

Reinforce healthy habits with personal education.

● Lifestyle opportunity

Connect people with education, existing benefits or targeted coaching.

● Clinical concern

Direct the person, privately, to the right healthcare provider.

Nine in ten kept their changes at 90 days

A long-term partnership supporting EY's Partners, Associate Partners, Directors and Senior Managers.

90%

sustained behaviour
change at 90 days

125

completed assessments

75

Net Promoter Score

67%

reduction in low-mood
frequency

23%

reduction in anxiety
symptoms

"This program was life changing for me."

Andrew, Partner, EY

The 90% figure is derived from internal EY surveys, 2021–2025. All other figures are from Essentio surveys over the same period. Based on 125 participants.

From first conversation to lasting change

We shape the program around your workforce, your priorities, your existing benefits and how deep you want to go.

01

Design

Agree who's eligible, the measures that matter and what success looks like.

02

Mobilise

We set up registration, communications, reporting and referral pathways.

03

Engage

Launch with a clear personal benefit and hands-on help to get people started.

04

Learn

Review participation, risk themes and how people found the experience.

05

Target

Decide where existing benefits, Core or Elite will add the most value.

06

Improve

Refine the next campaign using what you've observed, interpreted with care.

Let's find the right starting point

Tell us about your workforce and what you already offer. We'll shape the rest around it.

essentiohealth.com

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