

Quick Insights Report

Utilisation data (as of 31 January 2025)

Adoption

100

total
sign ups

20%

of total HC

App Engagement

50

sessions utilised

4

sessions per user

10

monthly active
users

Coaching Utilisation

10

unique users
who have matched
with a coach

15

coaching credits
utilised

Coaching Experience
average rating of

5/5



Clinical Utilisation

10

unique users
who have matched
with a clinician

15

clinical credits
utilised

Clinical Experience
average rating of

5/5



Quick Insights Report

Utilisation data (as of 31 January 2025)

Holistic Utilisation

10

unique users who have matched with fitness coach

15

fitness credits utilised

Fitness Experience

average rating of

5/5



10

unique users who have matched with nutrition coach

15

nutrition credits utilised

Nutrition Experience

average rating of

5/5



10

unique users who have matched with finance coach

15

finance credits utilised

Finance Experience

average rating of

5/5



Programs Utilisation

Learning Paths Sessions

- Your Sleep Experiences
- What is Acceptance
- What is Emotion Regulation?

5

Total Sessions

Rescue Sessions

- Silencing Your Inner Critic
- Handling Conflict in Relationships
- Managing Disappointment

5

Total Sessions

Daily Exercises

- 5 Senses Grounding Technique
- Leaves on a Stream Meditation
- Plan breaks to reduce distractions

5

Total Sessions

Guided Journals

- Morning Journal
- Future Self Journal
- Goal setting

5

Total Sessions