

form

for ALL



Proposition
July 2021

www.FormScore.today

The uptake of digital wellbeing solutions is not equitable with market leading solutions typically being utilized by white, middle class individuals.

A number of "under-served" groups are being left behind.

form



How are you today?



Mental Health Perspectives

- Only 1 in 3 Black adults in the US who need mental health care will receive it (compared to the US average of 43%)
- LGB adults are more than twice as likely as heterosexual adults to experience a mental health condition.
- Transgender individuals are nearly four times as likely as cisgender individuals (people whose gender identity corresponds with their birth sex) individuals to experience a mental health condition.

Problem

There are a number of barriers to the uptake of digital wellness solutions in certain groups such as: stigma, familial shame, cost, relevance and access.

Societies need better ways to find out how under-served groups of people are doing in respect of wellbeing.

Solution

“Form for All” provides a simple wellbeing tool that builds self awareness; fosters connection; fuels allyship and partners with existing providers. Delivered via the free FormScore App or Email Tool.

Our dashboard provides real time wellbeing analytics.

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We all have mental health.
We all have Form.



Struggling



Disengaged

Thriving

Engaged



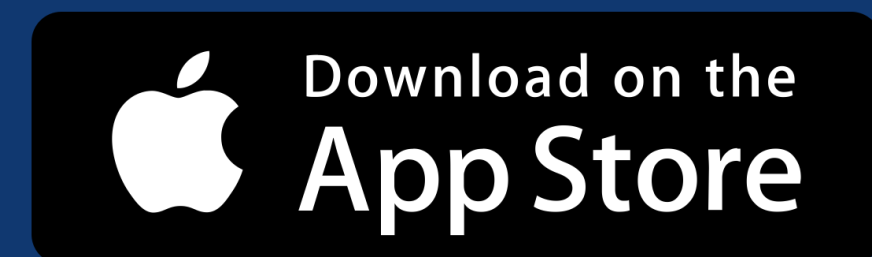
Disengaged

Engaged

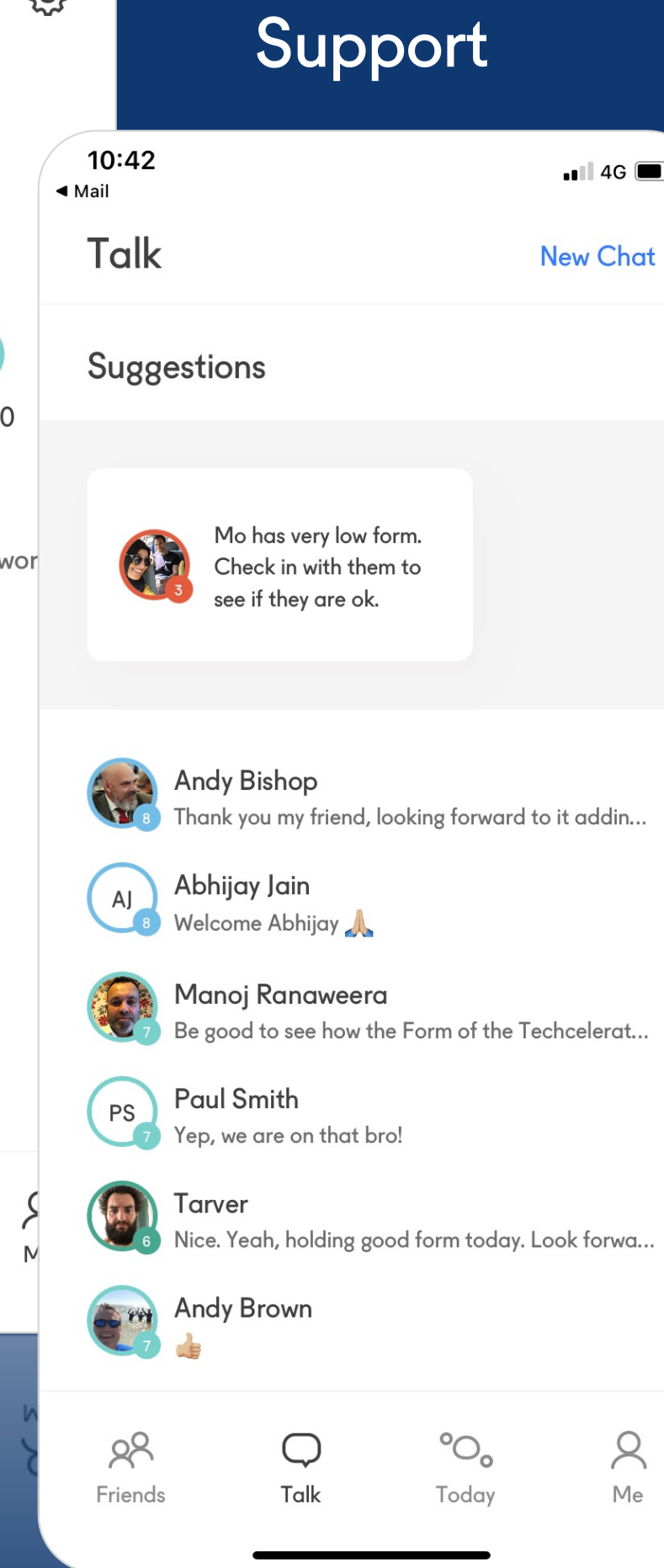
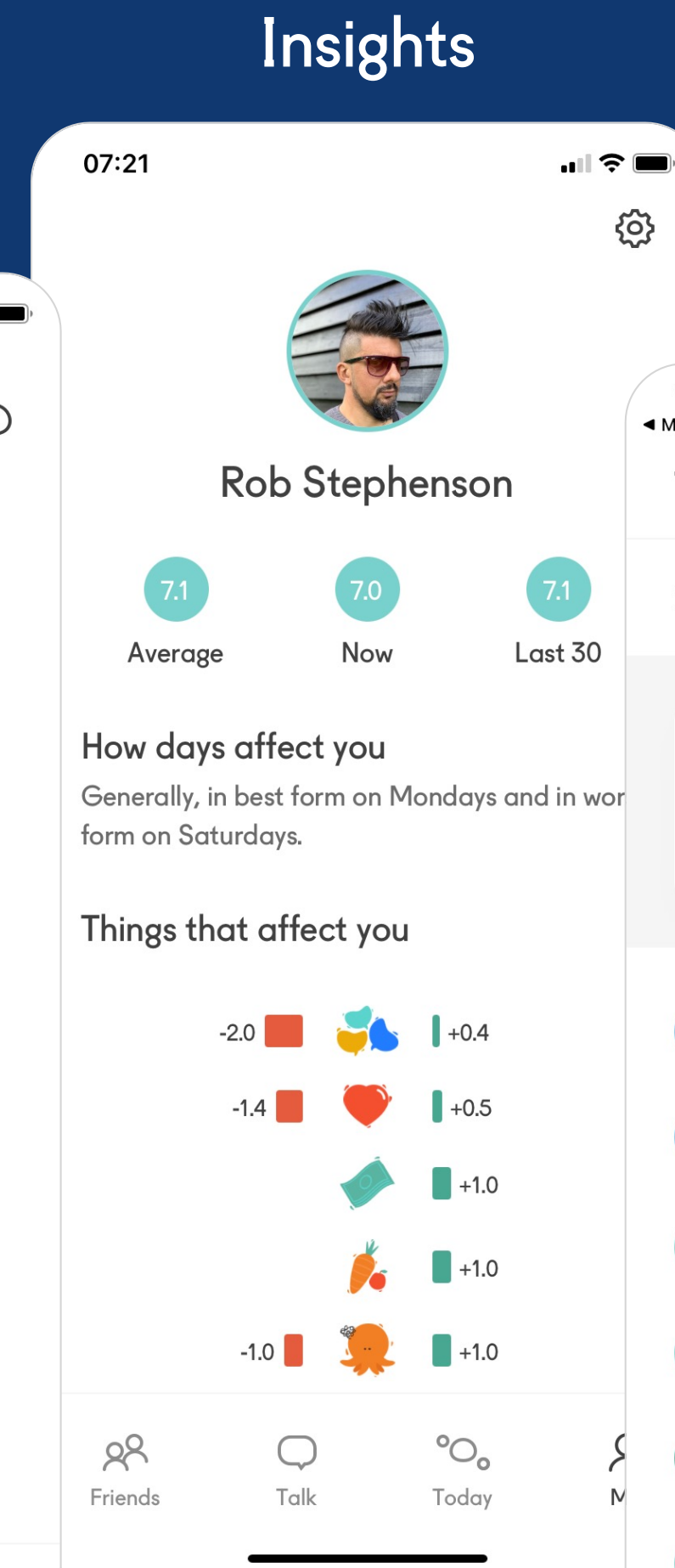
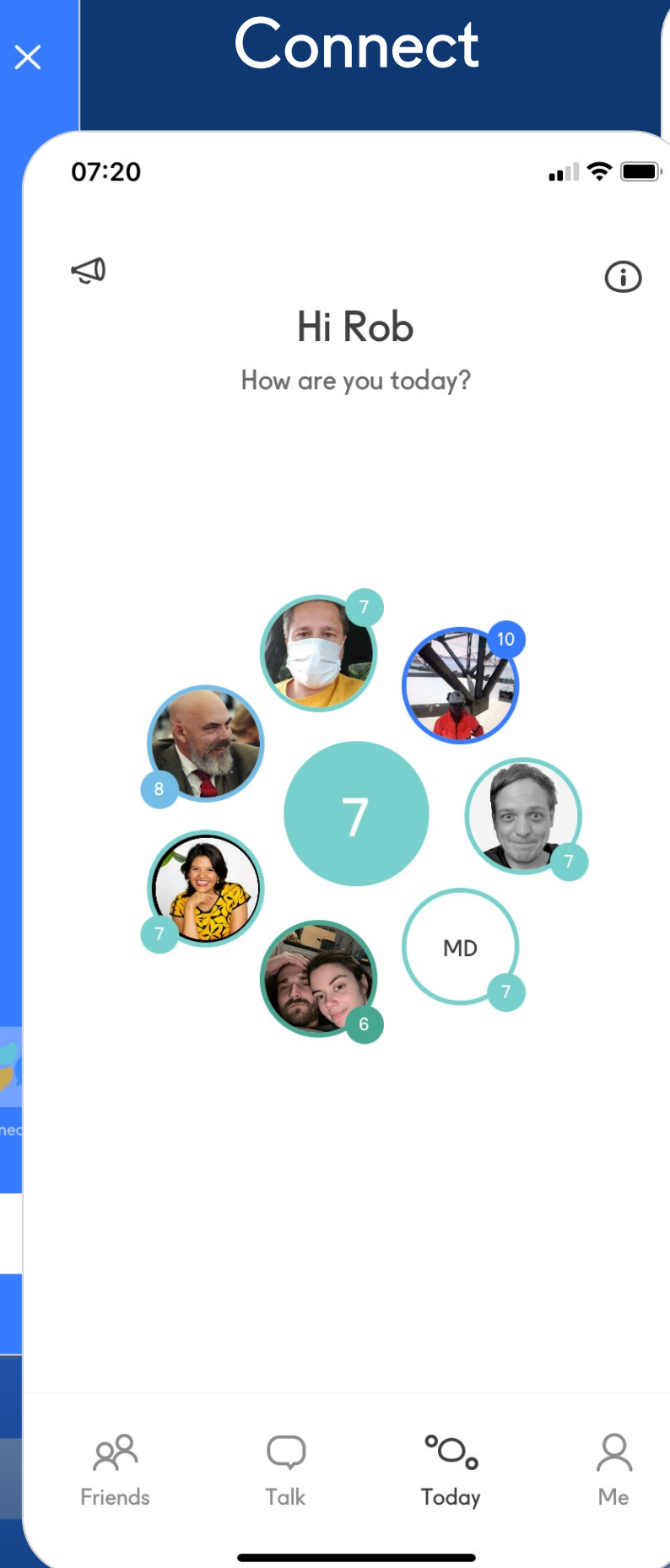
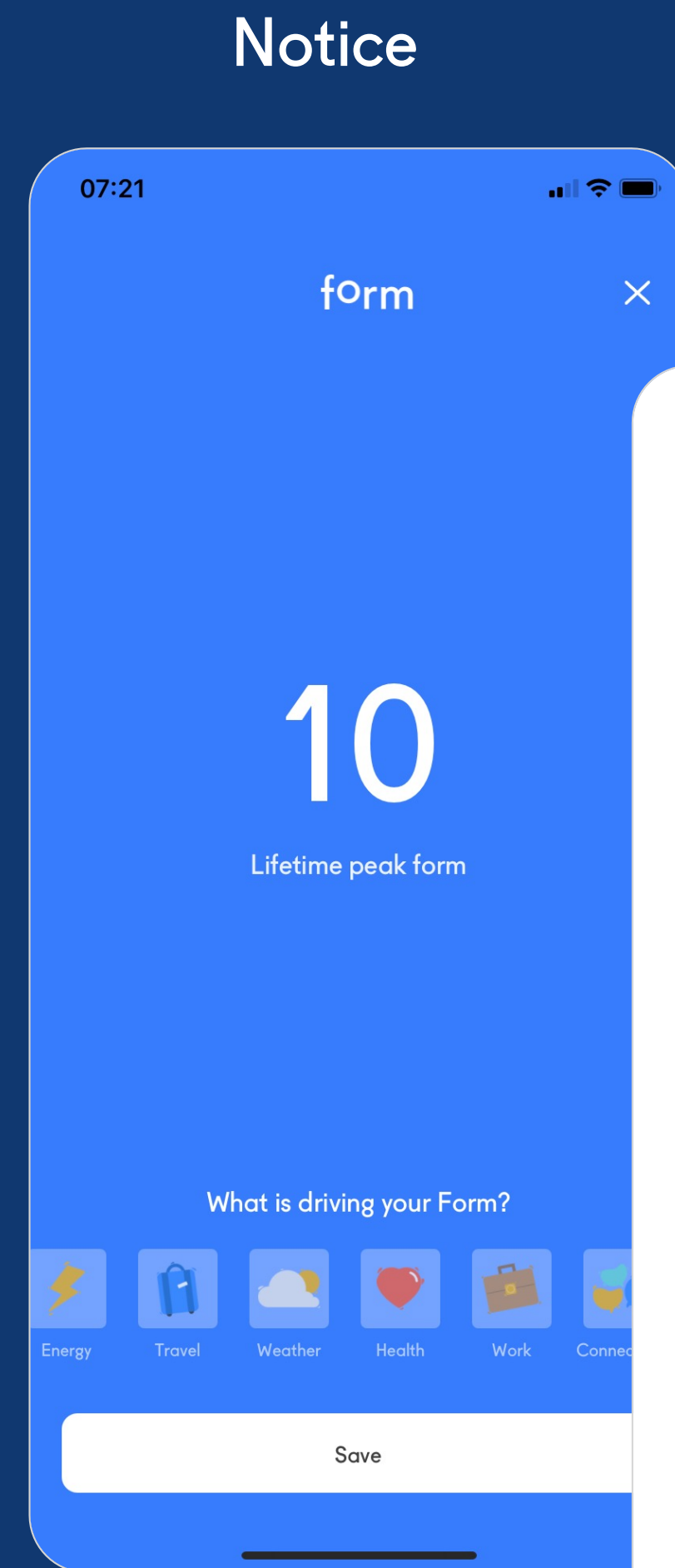
The Form for **ALL** Solution

The FormScore App

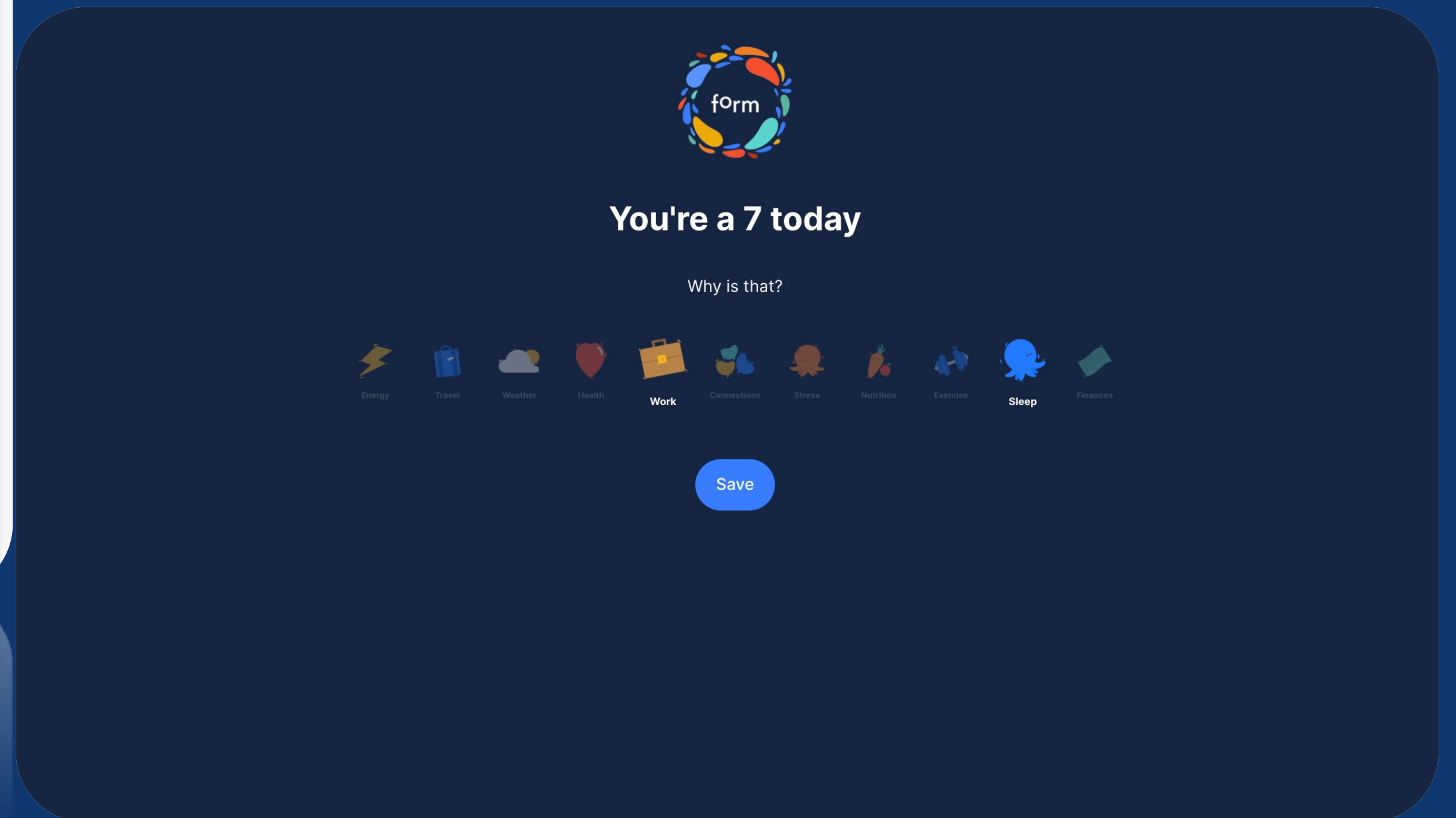
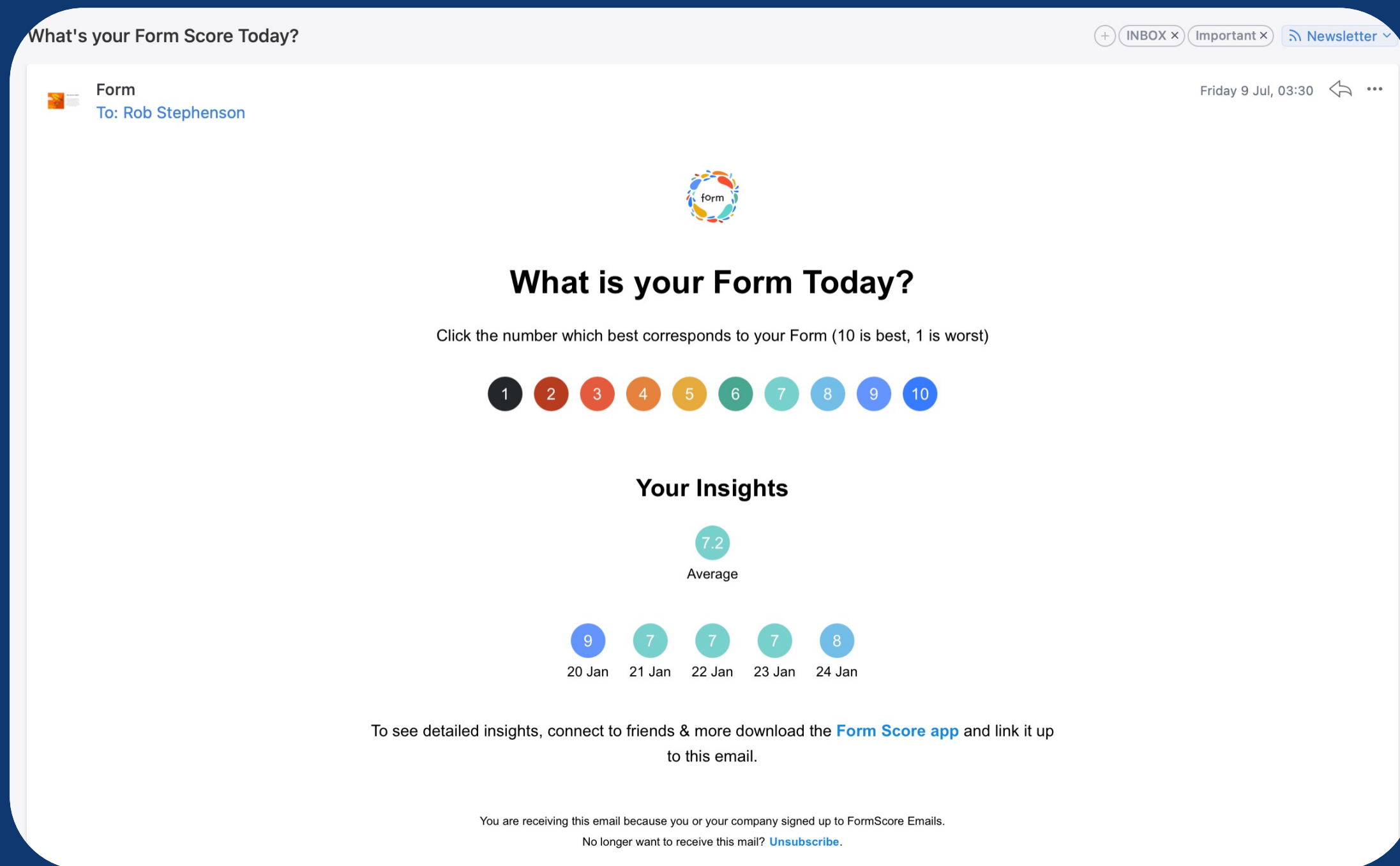
Reflecting on wellbeing and what is driving it; connecting with friends, family and teaching staff in order to offer human support.



www.formscore.today



FormScore Email Tool



form

Web App

Real-Time Wellbeing Dashboard

We've built a game changing evolution of the FormScore App for the workplace and are keen to test this in a number of universities..



Current Average Score

Score Distribution

Data Viz and Engagement

Trend

Teams



Team Insights

Anonymous aggregation of FormScores to give an insight into the wellbeing of the team and what is driving it. In real time and in the App.

Driving personalization in wellbeing response at a team level.

10:57

form

Team iOS

7.1 Average 7.0 Now 7.2 Last 30

Members
There are 13 people in this group.

How days affect Team iOS
Generally, in best form on Saturdays and in worst form on Tuesdays.

Things that affect Team iOS

- 2.0 [Red] [Blue Bag] [Green] +0.7
- 1.4 [Red] [Red Heart] [Green] +0.7
- 1.4 [Red] [Yellow Lightning Bolt] [Green] +0.9
- 1.3 [Red] [Watermelon Slice] [Green] +0.7
- 1.2 [Red] [Blue Octopus] [Green] +0.5
- 1.1 [Red] [Briefcase] [Green] +0.9
- 1.1 [Red] [Orange Octopus] [Green] +0.6
- 1.0 [Red] [Dumbbells] [Green] +0.8
- 1.0 [Red] [Sun] [Green] +0.7
- [Green] +0.4 [Carrot]

Last 30 days

S	M	T	W	T	F	S
7.1	6.9	6.9	7.0	6.8	6.9	7.3
7.2	7.7	7.1	7.3	7.1	7.2	6.9
7.3	7.3	7.6	7.0	7.1	7.3	7.3
6.9	6.7	7.0	7.4	7.4	8.0	7.4
7.3	6.9	6.5				

All scores this week

Wed Thu Fri Sat Sun Mon Today



Form Ecosystem

We are building Form to plug in your **existing benefits and solutions** to drive engagement and to be at the heart of an **ecosystem** of vetted and evidence-based solutions across the whole FormScore Scale.



FormScore trending down due to kids? Let's put on some workshops for parents



Sleep an issue for teams? We can signpost to resources on sleep.

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In-app signposting to other client solutions such as Headspace to help maintain good form



Partnership with Togetherall – clinically moderated online peer support to help as people start to struggle



In-app sign posting to client EAP Scheme



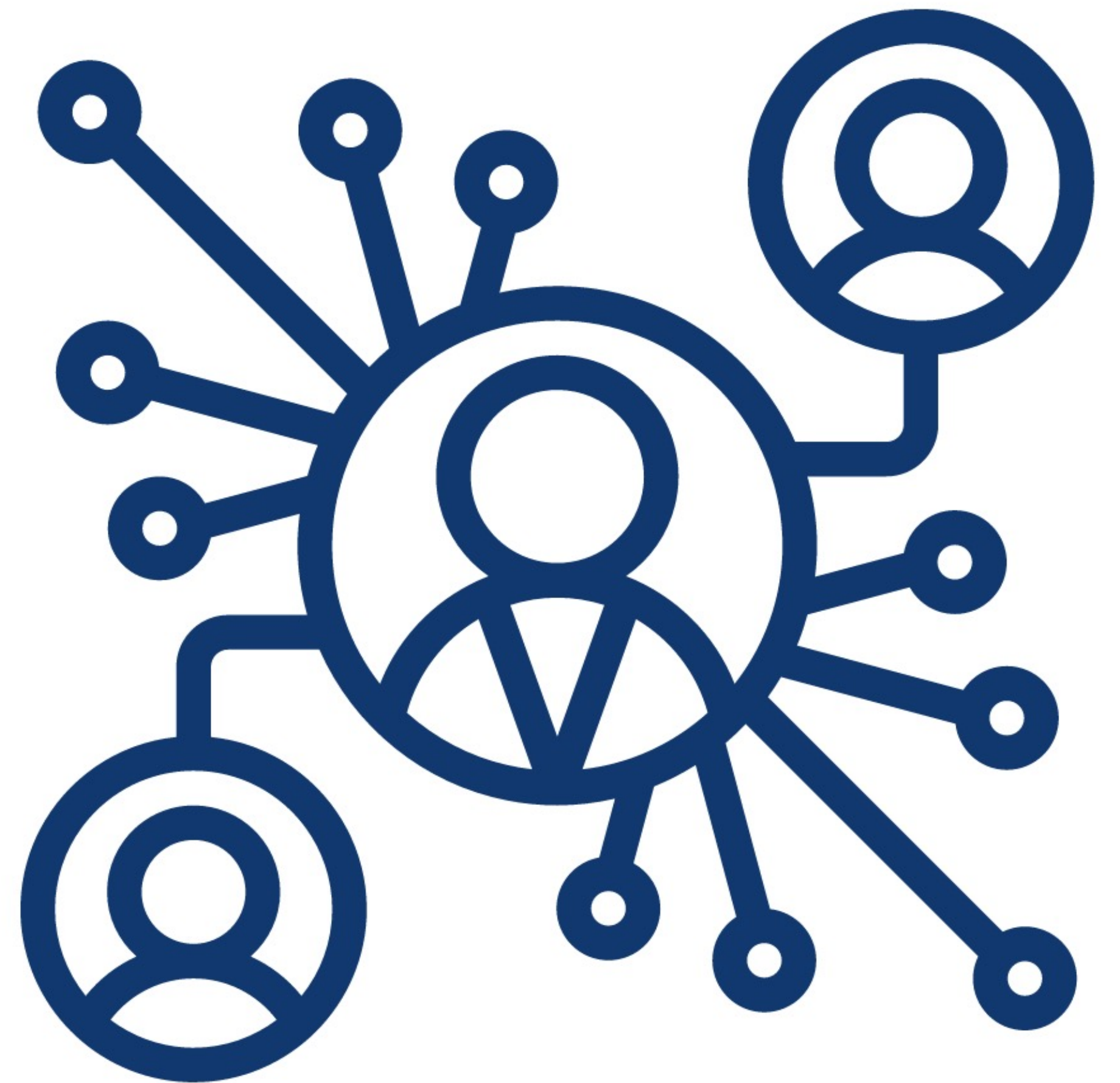
Crisis button to make HR/Wellbeing aware the individual needs help

Partnerships

We are looking to forge a number of partnerships with organisations supporting under-served groups to work together to pilot the Form for All idea and validate the efficacy.

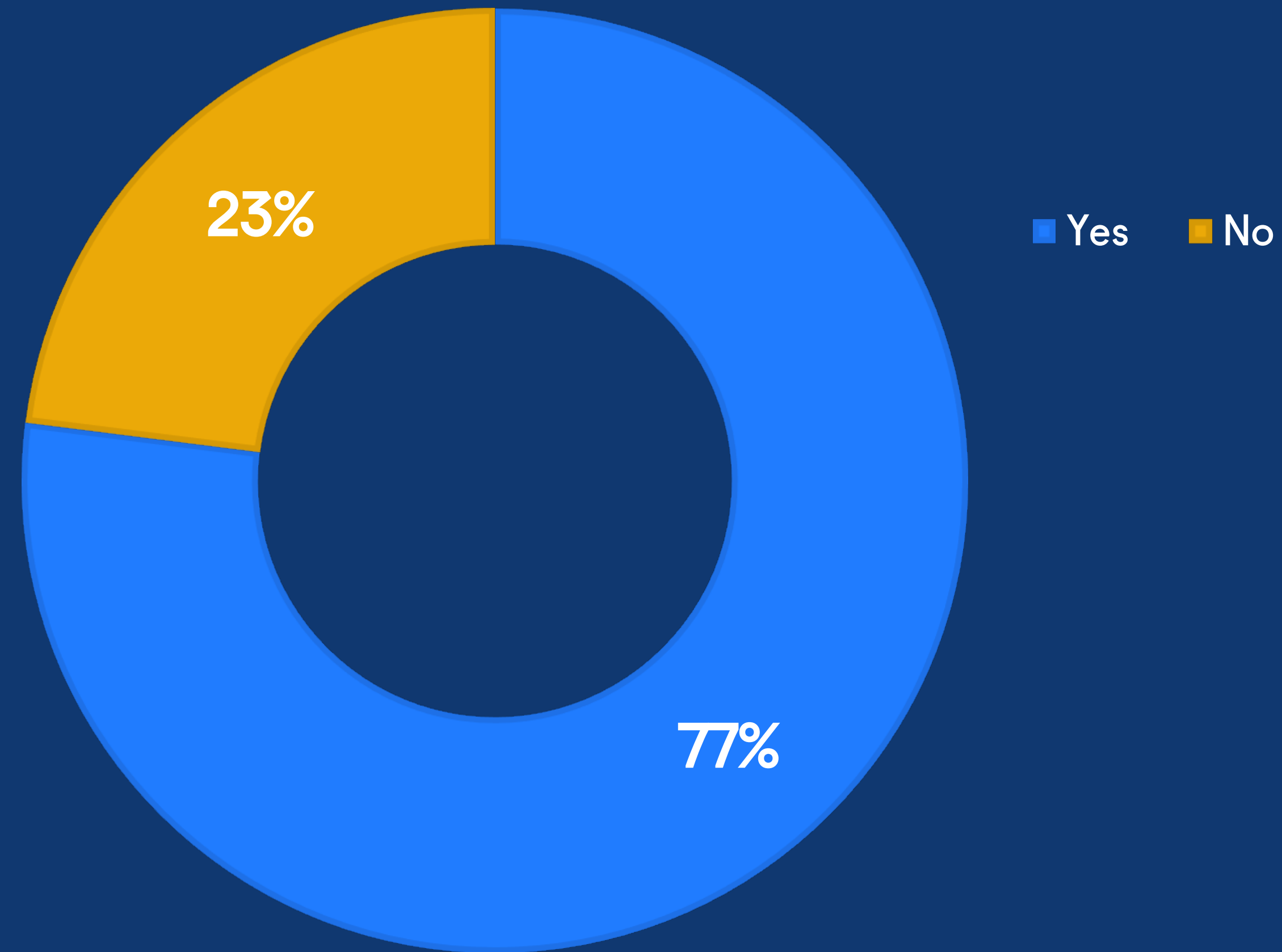
Specifically, we are look to run 3 pilots each with 200 plus members of different “under-served” groups.

form



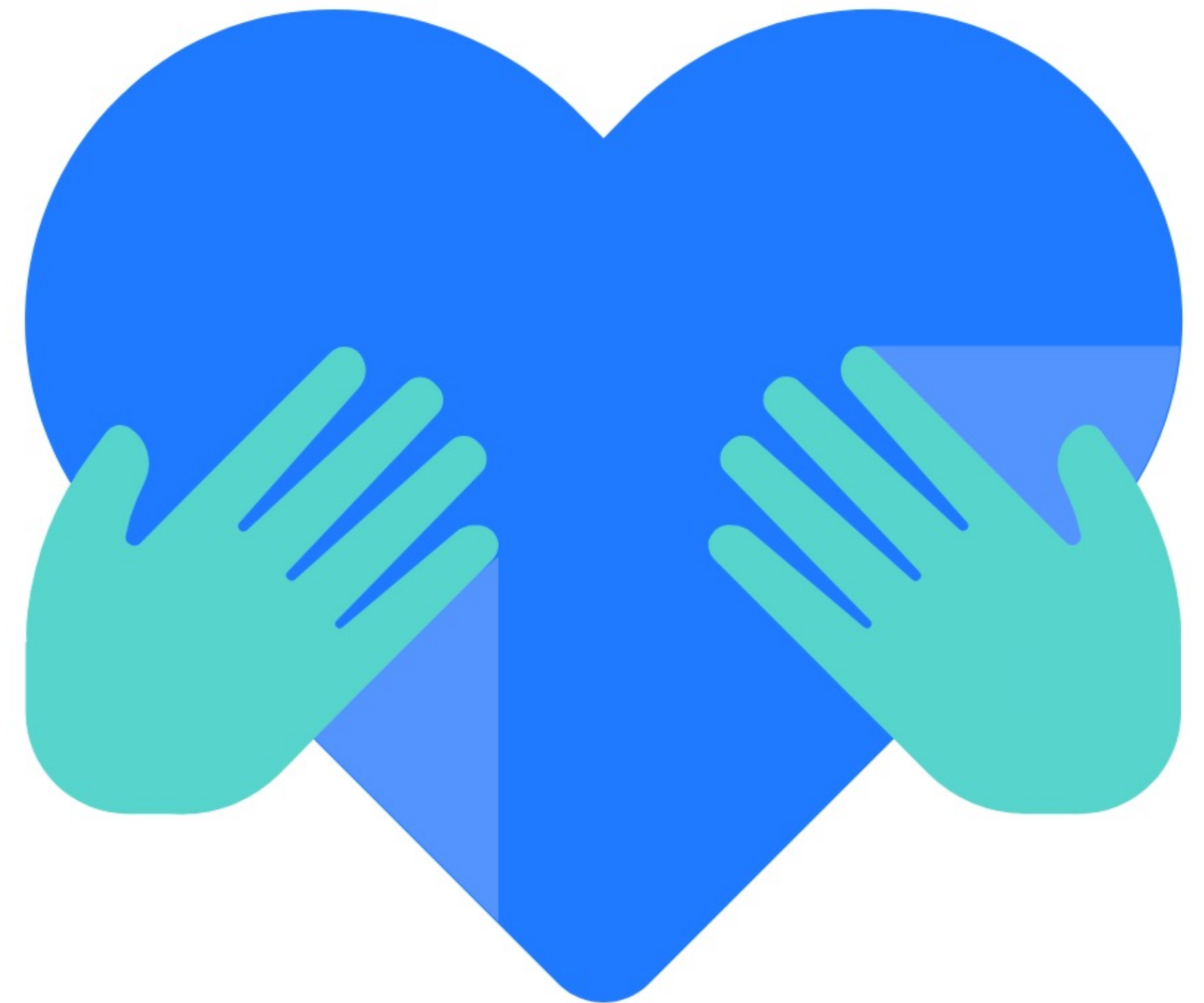
Has self-awareness of your wellbeing improved through using FormScore?

2021 Pilot with Amey Consulting



Corporate Support

We are looking to forge a small number of partnerships with large corporates who are keen to support this initiative and truly make a difference in helping support a number of under-served groups in respect of wellbeing provision.



Team and Advisors



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Founder, InsideOut
CEO, Form



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Rohan Kalicharan
HR & People Leader
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Becoming intentional about wellbeing is one of
the great opportunities for humans.

We need make this opportunity more equitable.

Thank you.

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