



What is myday?

myday is a b2b saas wellbeing platform combining activity, data ,communities and pathways, delivering reportable social value for businesses and personalised experiences for users.

How we do it

Our gamified approach empowers employees to contribute to charitable causes they care about by prioritizing their own health, benefiting individuals, businesses, and local communities alike. These causes are then aligned to the UN Sustainable Development Goals. Covering the full spectrum of physical, mental, and emotional wellbeing, myday provides a complete solution—all in one platform for your health wellbeing and social value.

Community

Moderated groups for specific areas of health

Expert led, personalised content

Recognition and rewards



Impact

Personalised charitable donations

Reporting data & internal ROI data

Activity

Gamified steps & activity challenges for individuals & the entire organisation