

Digital Wellbeing for Employees



Prevent employee burnout

Empower employees to unplug from work on their personal phones by enabling them to effortlessly mute and restrict work apps when they are at home, with family or on holiday.

Reduce digital distractions

Give employees the tools and controls to focus at work by muting distracting apps for disturbance-free periods.



Improve digital habits to boost health

Erika helps employees manage their personal screen time, do more in the real world and be more present, creating a digitally, physically and mentally healthier and happier workforce.

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Reward employees for their digital goals

Erika rewards employees for achieving their digital goals with discounts and vouchers for real-life activities.

