



Mobile app: Key features and services

Wellbeing that delivers

Health, care & vitals



FEATURE	WHAT'S INCLUDED	DETAILS
HEALTHCARE ACCESS		
Doctor on Demand	24/7 unlimited	Connect with licenced doctors via video or voice for symptoms like cold and flu, allergies, infections; free prescription medication delivery (powered by TruDoc)
Care Concierge (Online Nurse)	Unlimited 24/7 chat	Personalised guidance from qualified nurses on chronic conditions, nutrition, weight loss, smoking cessation and travel medical support (powered by Serefin)
Mental Wellbeing Sessions	Unlimited	Confidential 1:1 sessions with certified counsellors for stress, anxiety, sleep, motivation and more
CARE MANAGEMENT — INCLUDED WITH INSURANCE PLANS		
Wellx Care Path	Personalised programme	Active management of diabetes, hypertension, thyroid issues, migraines and more — regular check-ins, treatment plans, prescribed medication delivered
Health Check-up	3 per year	Hosted at the employer's workplace or scheduled at home — covers cholesterol, complete blood count, blood pressure, blood sugar, oxygen levels, heart rate and BMI; results logged in app with instant nurse advice
DAILY WELLBEING & FAMILY		
AI Facial Scan	30-second selfie scan	Real-time read of heart performance, vagal activity, breathing rate and BMI — anytime, anywhere
Wellx Health Score	0–100 score	One number, the full picture — combines vitals, activity, AI Facial Scan and survey answers into a single clear score that updates daily
Mood Tracker	One tap daily	Spot triggers and patterns, build emotional awareness, get personalised wellbeing advice based on trends
Breathing Therapy	Guided sessions	Reset the day with breathing exercises that reduce stress, sharpen focus, release tension and improve breathing strength
Wellx Junior	Ages 5–13	A guided wellbeing journey for kids — daily movement missions, rewards for consistency and kid-friendly visuals; parent-controlled access, no social features and no external chat

Engagement, coaching & lifestyle



FEATURE	WHAT'S INCLUDED	DETAILS
ENGAGEMENT & REWARDS		
Goal Setting & Challenges	Solo, peer or team	Personal goals plus corporate and group challenges with leaderboards, smart nudges and milestone reminders
Wearable Device Integration	Multi-platform	Whoop, Ultrahuman, Apple Health, Garmin, Fitbit, Samsung, Oura, Google Fit and Huawei
xCoins & Marketplace	Up to AED 1,000 / year	Cash-equivalent rewards across 100+ brands including Amazon, Noon, Spotify, Talabat, IKEA and Reel Cinemas
Wellbeing Calendar	12 monthly themes	Year-long programme of expert webinars, educational emails, in-app articles, public challenges and timely app nudges
COACHING		
Life Coaching	1 complimentary session	Provided by Coach Hamdan
Career Coaching	1 complimentary session	Provided by Sarah Scott Coaching
Maternity Wellness	1 complimentary session	Provided by aevitas
FITNESS & LIFESTYLE		
Gym Membership	1 month complimentary	Provided by GymNation
Fitness Classes	1 week complimentary	Provided by BR Performance Studios
Fitness Classes	1 week complimentary	Provided by Studio Republik
Healthy Eating	15% discount	On all orders from FITT Meals.ae
Discounted Whoop	15% off retail	Wellx is an authorised distributor and partner of Whoop
Discounted Ultrahuman Ring	10% off retail	Wellx is an authorised distributor and partner of Ultrahuman

Insurance tools & HR portal



FEATURE	WHAT'S INCLUDED	DETAILS
IN-APP INSURANCE TOOLS		
Digital Insurance Card	In-app + Apple/Google Wallet	Always within reach — no need for a separate TPA app
Table of Benefits	Always available	Full benefits view at a glance, with last-updated date
AI Provider Search	Speciality, location or provider	Find network providers, get directions and schedule appointments instantly
Submit Claims	Pay & Claim and Direct Billing	Submit out-of-network claims in seconds with real-time tracking and instant updates
Manage Dependants	Self-service	View covered lives directly from the app
AI Assistant	Instant answers	Conversational support on benefits, networks, claim status and more
HR TOOLS		
HR Portal & Dashboard	Standard	Real-time engagement and health dashboards, downloadable reports, custom challenges, push notifications and reward redemption tracking
Support & Feedback	In-app, real humans	Direct line to the Wellx team for questions, bug reports and feature requests