

Actxa Wellness: Delivering A Unique Evidence-based and Culture-Building Employee Wellness Programme

Helping Employers Build a Culture of Happiness and Well-being

For immediate release

Singapore, 21 July 2021 – Launched in early July 2021, *Actxa Wellness Pte Ltd* has made its mark on the corporate wellness industry with its unique evidence-based employee wellness programme to help employers build a healthy and happy culture.

Actxa Wellness is a new business unit spun off from [Actxa Pte Ltd](#). This is homegrown Singapore-brand that made its debut in 2015 with fitness trackers in the National Steps Challenge (NSC), the first-ever nationwide step movement in Singapore.

Actxa Wellness is one of Actxa’s solutions that empower individuals, communities and corporations to lead a healthy lifestyle despite their busy schedules.

The Actxa Wellness Programme (AWP) allows employers to present a safe working environment to help employees improve their physical and mental well-being. The programme also creates opportunities for engagement and interaction amongst the employees to foster greater sense of belonging to the company, through a curriculum comprising workshops and individual as well as group challenges that revolve around Eat, Rest and Exercise.

Another key feature of the AWP is the provision and tracking of individual data through the Actxa Spark Plus fitness tracker and Sense Measuring Scale. All data that is gathered through these Actxa products will be synced with the Actxa App that will calculate a personalised Healthy Living Score (HLS) that aggregates stress and recovery, physical activity, fitness, physique and sleep into one score.

Mr Alex Loh, an experienced leader with more than 20 years of working in different industries and helming leadership roles, has been named the CEO of *Actxa Wellness*. Previously a professional athlete, Alex has always been a strong advocate for healthy living and has taken on multiple roles as entrepreneur, consultant and trainer in the wellness and coaching spaces over the years. Alex first joined Actxa as the Programme Advisor in June 2020 to kickstart, lead and facilitate the pilot phase of the Actxa Wellness Programme.

“It is my honour and privilege to serve as the CEO of *Actxa Wellness*. I would like to thank the former and current CEO of Actxa Pte Ltd, Mr Lim Chun Hong and Mr Joel Chin, for the trust and confidence in me to take the company to the next stage.”

“As a firm believer in wellness being the cornerstone to life, I hope to increase the awareness of health and mental well-being to more businesses and organisations. Health and wellness are now at the forefront of all our thoughts as the COVID-19 crisis continues. It is extremely important for companies to step up and focus on promoting employee well-being. If your people are happy, they will be more energised and motivated. With elevated happiness and improved mental wellbeing, this will translate into a significant effect on business performance,” said Alex.

With the spin-off of *Actxa Wellness Pte Ltd*, Actxa will sharpen its focus to research and develop more IPs for health-related insights and to work with customers and partners to launch new products or form new joint ventures.

==== end=====

Press release: Actxa Wellness

About Actxa Wellness

The Actxa Wellness Programme was created to allow for employers to present a safe working environment where employees will not only grow stronger but also establish a closer bond to the company through activities within the internal community.

We are a unique evidence-based and culture-building employee wellness programme that starts by first seeking to help individuals and their communities find out where they are in their healthy-living journey, then helping them decide where they want to be, and further empowering them to confidently and continuously navigate towards a better and more balanced state of health and wellness.

For further information, please contact:

Carinda Kao

Programme Executive

carinda.kao@actxa.com

+65 9017 3225