

Introducing
Pulse By fierce.

Build Resilience with
Pulse By fierce.



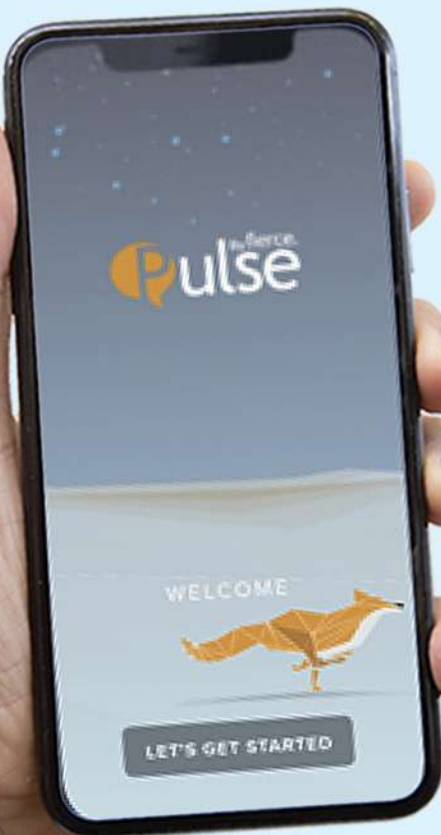
Measuring a user's stress and enabling immediate and deep insight into their stressors



Enable users to have proactive and real time conversations with both themselves and others to address stress and build resilience in real time



Provide tools and content right at a user's fingertips to tackle their stress and build resistance



Interactive Tools

Additional resources to support user's challenges including bite sized learning (ours and partners), blogs, simulations, specific meditation, service providers all at fingertips

Biometric Feedback

Biometric feedback from wearable device integration gives you deep insight into your stressors and measure your progress



Artificial Intelligence

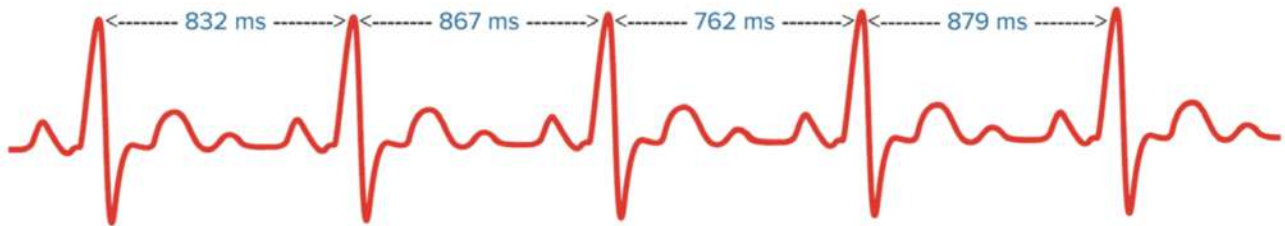
Artificial Intelligence can compliment or replace live coaching and further recommends tools and content based on your needs

Expert Coaching

Pulse's expert coaches use the biometric insights to build a personalized plan to get to the heart of your stressors

The Science Behind Pulse

With over 20 years of experience, we use research and our own inhouse PHD Behavior Specialist to drive the science behind Pulse and makes the connection between conversations and stress.



- Pulse uses HRV as an objective measure of stress.
- Pulse takes the complex HRV data and makes it simple for all users to understand and more importantly take action.
- Pulse provides the users a 1-4 scale rating that is color coded and calendar integration to identify and score your stress events
- Based on the trigger of your stress event, a coach or the AI bot will provide proven Fierce content that has been used in 3 out of 5 Fortune 500 for the past 20 years.

Result from Pulse



Stress

▼ 9-10% decrease



Burnout

▼ 8% decrease



Anxiety

▼ 14% decrease



Resilience

▲ 11% increase



Cohesion

▲ 4% increase



**Organization
Commitment**

▲ 4% increase



Key Benefits of Pulse

- We Build Resilience: Knowing your stressors is one thing, with Pulse, you tackle your stressors in real-time.
- Traditional Coaching and Talk Therapy can take a long time identifying what is wrong. Pulse uses biometric feedback to show you what is stressing you out and when to grow self-awareness around your stress events.
- The number one drain on resilience is toxic interpersonal communication, users can build self-awareness and a skill set to combat those major stressors.
- Users will have access to Fierce proven content to build skillset around the most important interpersonal conversations they need to have.
- Connects users to relevant and applicable OnDemand content. Develops and increases resilience that drives economic impacts on the organization, supporting thriving culture.
- Supports EAS Compliance.

