



# A digital solution for stress problems at workplace

Timely measurement | Relaxing treatments | lower cost



## We focus on prevention of chronic stress



### Measure stress + Relaxing treatments

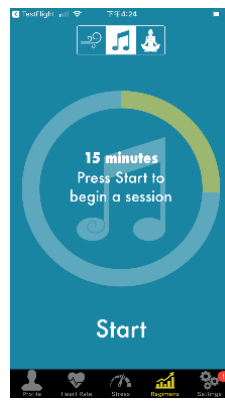
- Know your stress level digitally at anywhere and anytime
- Record the data in different situation to identify your stressors
- Build a database of your own stress
- Warn you before stress reach chronic level
- nudge you for taking deep breath and to give notification for mindfulness exercises



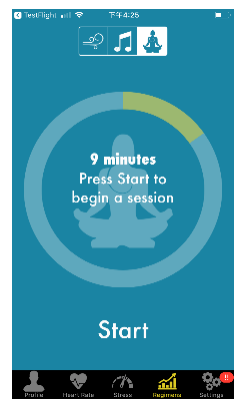
Stress measurement



Breathing exercise



Relaxing music



Meditation



CE certified



Positive Pilot Project Results



Awarded App

**77.8%**  
Potential cost saving



Company size (employees)	100
Stressed employee (25%)	25
Additional days of sick leave per employee/year	4.3
Total days of additional sick leave	106
Avg cost per day due to stress	1 833 DKK
Total cost per year due to stress	194 756 DKK
Number of employees using Sumondo	25
Cost of Sumondo sensors (1000DKK/sensor)	25 000 DKK
Cost of app for sensor users (2DKK/d)	18 250 DKK
Cost of app for non-sensor users	-
Total cost of implementing Sumondo	43 250
Cost saving using Sumondo for one year	151 506
Cost reduction %	77.8%

"The pairing worked perfectly, the app is intuitive and easy to use. I trust that the measurement of my heart rate is accurate and it didn't seem like the measurements was distorted because of the baby in my belly."

**Claudia Bagge-Petersen,**  
Anthropologist at Leo Innovation Lab

"In general, I like the app and the daily reminder works well, so that you actually get the stress level measured - and at the same time get some relaxation/meditation done using the regiments."

**Mikkel Kofod at Danish Air Force**



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