COMPANY REPORT · ILLUSTRATIVE SAMPLE Fictional data. Proposed layout, not a live scoring output.



DIGITAL WELLBEING AT YOUR COMPANY

A shared picture. A useful conversation.

An illustrative guide to reading a group overview, exploring questions together and planning the next conversation.

For	Participants
Example company	24 fictional participants

> All figures and example questions were created for this design preview. They describe no real people or workplace.

Inside: a sample group overview and a guide to the follow-up conversation.

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Your team's answers, at a glance

Illustrative responses from 24 fictional participants

Example questions and figures show the proposed layout. These are not live questionnaire items or HDI scores.

01

Phone interruptions during a task

11 of 24

Selected “often” or “very often” in this fictional example.

02

Work messages outside working hours

9 of 24

Selected “often” or “very often” in this fictional example.

03

Phone use during a planned break

8 of 24

Selected “often” or “very often” in this fictional example.

A starting point for a conversation

The same person can appear in more than one count. These figures illustrate a group view; they are not a diagnosis, a performance measure or evidence of programme impact.

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What happens next?

Use the group picture to ask better questions together.

01 Understand the context

Which situations would you like to explore with your people? What in your working day might help explain their answers?

02 Agree a practical next step

Discuss which part of the programme fits your team, who will support participation and when you will meet again.

03 Return to the conversation

After six weeks, invite participants to answer again. Discuss any observed differences alongside participation and changes in the workplace.

> A before-and-after difference alone cannot establish what caused a change.