NPH Group **Pulse** Your organisation



2-MINUTE CHECK-IN

Take a breath.
Check in.

Scan for your two-minute check-in. No app, no login.
Your results appear straight away.

Scan with your phone camera

1. Answer six quick questions
2. See your results straight away
3. Get ideas that help this week

Mind · Body · Relationships · Career · Money · Surroundings

Only you see your answers.
Your organisation and NPH Group only see anonymous, combined results, and only once at least five people have checked in.