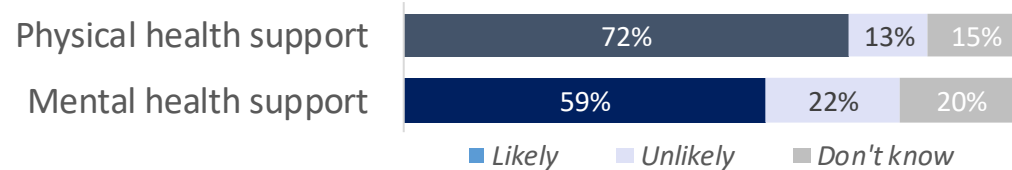


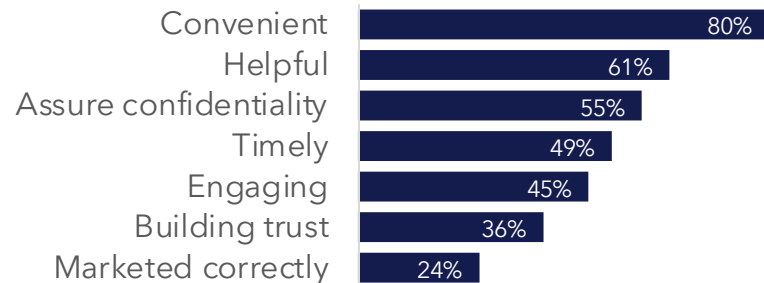
Wellbeing support tools

Business travelers may use various tools to support their physical and mental well-being, mobile apps being among them.

Likelihood to use employer wellbeing support



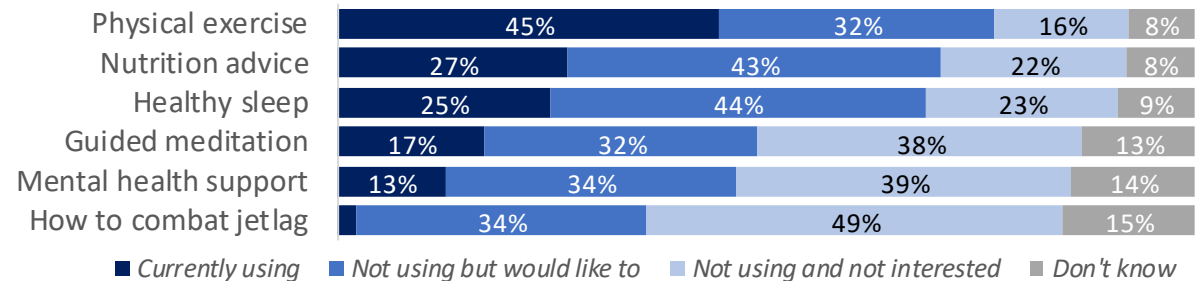
Criteria for wellbeing tools and services



Business travelers are inclined to make use of the employers' support for physical wellbeing - almost three quarters of the survey respondents say so vs. 59% who are likely to use mental health support. The tools need to be convenient, helpful and assure confidentiality.

58% of business travelers use **mobile apps** for wellbeing. Apps for physical exercise are most popular: 45% are currently using them. A quarter apply nutrition advice and healthy sleep recommendations, while meditation and mental health support along with fighting jetlag apps are at the bottom of the list. Nevertheless, a third express the intention to use them in the future.

Use of wellbeing apps



Most popular mobile apps for wellbeing

