

# ELIUS



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## Corporate Wellness & People Intelligence

*The intelligence businesses have been waiting for.*

For HR Directors · People & Culture Leaders · C-Suite

# THE PROBLEM

Every company tracks its finances. None can see their people. That gap is costing them billions.

76%

of employees report at least one burnout symptom

*Gallup 2023*

\$322B

lost annually to burnout in global productivity

*WHO*

\$1,685

average annual cost per employee from stress alone

*APA*

*The employees who most need support are the least likely to seek it from generic resources.*

# THE SCIENCE

The autonomic nervous system does not regulate itself.  
Without consistent daily input, cortisol accumulates, HRV drops, and burnout builds silently.

## THE MECHANISM

- The breath is the only autonomic function also under voluntary control
- Direct access point to the vagus nerve & parasympathetic response
- Controlled breathing modulates HRV, cortisol, amygdala reactivity & prefrontal function
- Consistent practice reduces systemic inflammatory markers over time

## PROVEN OUTCOMES

6–8 weeks

heart coherence → measurable HRV improvement

Single session

box breathing → significant cortisol reduction

2–4 weeks

4-7-8 practice → improved sleep onset latency

Daily morning  
breath

→ stabilized cortisol awakening response

# WHAT ELIUS DELIVERS

Three structured sessions. Every day. Every employee. Personalized.

## MORNING

*Activation*

- Personalized breathwork protocol
- Daily orientation — cycle + environment
- Grounding principle & affirmation
- One concrete action
- Live voice check-in

## MIDDAY

*Reset*

- Heart coherence or focus breathwork
- Nervous system regulation checkpoint
- Cortisol spike interrupted
- Guidance adjusted to self-report
- 5–10 minutes

## EVENING

*Release*

- 4-7-8 parasympathetic breath protocol
- Structured expressive writing
- Reflection & tomorrow's intention
- Resonance practice
- Sleep preparation

*Sessions are 10–15 minutes. No self-direction required. The friction of deciding what to do and when is eliminated entirely.*

# THE VOICE INTELLIGENCE LAYER

*“It does not start from zero. It gets more relevant over time.”*

Every employee has a personal AI voice companion that knows their profile, their current cycle phase, and builds a longitudinal memory of patterns, goals, and stressors across every session.

*The equivalent of a daily micro-coaching session — without scheduling friction, without availability constraints, and without the compliance barrier of booking appointments.*

## How it works

- Motivational Interviewing communication design
- Direct, warm — no performative empathy
- Calls out avoidance when it observes it
- Structured session duties + conversational freedom
- Memory extracted and stored after every session
- Semantically recalled in future sessions

# ORGANIZATIONAL INTELLIGENCE

Organizations never see individual data. They receive population intelligence — anonymized, aggregated, and actionable.

## LIVE DASHBOARD

Team alignment trend (12-month)

Burnout risk signals — Low / Elevated / Critical

Archetype distribution across workforce

Cycle phase distribution — all nine phases

Engagement rate & session frequency

Top Life Path pairings with compatibility scores

## OPTIMIZATION TAB — Anonymous AI Recommendations

High-synergy pairings

Friction-aware pairs

Composition gaps

Cycle timing windows

Burnout prevention

Role-archetype fit

# THE MODEL

## INDIVIDUAL LAYER

Each employee or patient subscribes independently at

Full personal dashboard · AI voice guide · Daily protocols · Memory system

# \$21 /month

per individual · paid directly or covered by the employer

## ORGANIZATIONAL INTELLIGENCE LAYER — pay for analytics, not seats

### STARTER

1–5 Managers

# \$199

/month

#### Unlimited Employees

- Full ELIUS per manager
- Team resonance mapping
- Aggregate wellness dashboard
- HR admin controls

### PRO

6–15 Managers

# \$399

/month

#### Unlimited Employees

- Everything in Starter
- Cycle distribution analytics
- Life Path compatibility heatmap
- Priority support

### ENTERPRISE

16+ Managers (min)

# \$25

/manager/month

#### Unlimited Employees

- Everything in Pro
- Dedicated account manager
- Custom integration support
- SLA guarantee

No hardware · No clinical intake · No IT changes · Operational in days

# RETURN ON INVESTMENT

**\$3–\$6**

returned per \$1 invested  
in employee wellness

*Harvard Business Review*

**28%**

reduction in sick days  
with structured daily practice

**41%**

lower absenteeism in  
high-wellbeing teams

*Gallup*

## WHERE THE RETURN COMES FROM

### Reduced absenteeism

Daily nervous system regulation cuts stress-related sick days

### Cognitive performance

Consistent breathwork measurably improves decision-making & focus

### Lower turnover

Replacing a mid-level employee costs 50–200% of their annual salary

### Smarter team design

Optimization tab reduces friction, mismatched workloads, avoidable conflict

# WHY ELIUS

	Every other platform	ELIUS
Employee direction	Requires self-direction	Delivered — no self-direction needed
Personalization	Generic content for all	Personalized protocol for each individual
Adaptability	Static — same content daily	Recalculates daily by cycle and environment
Memory	Starts fresh each session	Builds longitudinal picture over time
Approach	Reactive — accessed in crisis	Proactive — 3× daily preventive cadence
Data privacy	HR may see individual data	Individual data always private

Every company tracks its  
**finances.**  
**The companies of tomorrow**  
*will also understand their*  
**people.**  
*This is not a tool for next year.*  
*This is the tool of tomorrow, given*  
*to you today.*

Unlimited employees · No hardware · Operational in days

Starter from \$199/month · Enterprise from \$25/manager/month

**ELIUS**

Corporate Wellness & People Intelligence