



Are you sitting comfortably?

Join the pilot and improve your workplace wellbeing

JUCD Health and Wellbeing team have teamed up with VIDA a digital workplace assessment that reduces issues like back and neck pain.

The digital platform uses AI to assess your workspace and working habits, from your posture to your equipment to your break habits. It spots any potential risks for issues like back pain and suggests simple changes you can make to improve your wellbeing.

JUCD Health and Wellbeing team are offering 100 free licences to our primary care workforce for a 9-month pilot.

VIDA provides you with a personalised program to help you reduce any work-related pain (or the chances of it developing) and burnout risk while improving your work setup, all through a digital workspace assessment.

You will have unlimited access to VIDA, so you can log in and reap the benefits over and over again.

VIDA is clinically proven to reduce desk related pain by 34% on average. We want to ensure your workspace is set up for success and desk pain isn't getting in the way.

By subscribing to the pilot, you will be expected to use the platform regularly for 9-months by completing the quick and simple assessment using the platforms AI and providing feedback of your experience to the JUCD Health and Wellbeing Team.



To sign up for the pilot simply follow this link

SCAN ME

