

breakthru



Breakthru is a **digital health platform** delivering movement and breathing **microbreaks** in the flow of the workday, within work tools. **2-minutes** to reset mind, mood, and metabolism for workers in all kinds of jobs — **backed by science.**

The Impact

When we make it easy for clinicians to reset in the flow of care delivery, they return to their patients more present, precise, and resilient.

With two-minute microbreaks embedded into providers' workdays, health systems can reduce stress reactivity, improve focus and decision-making, decrease the risk of fatigue-related errors, lower burnout risk and improve retention, strengthen patient engagement and satisfaction.

Clinician Burnout
is Costly

40%

of physicians and APPs report at least one symptom of burnout, with rates exceeding 50% for certain disciplines.

Burned-out clinicians are

2-3x

more likely to leave, and turnover alone costs millions of dollars to a single hospital or clinic.

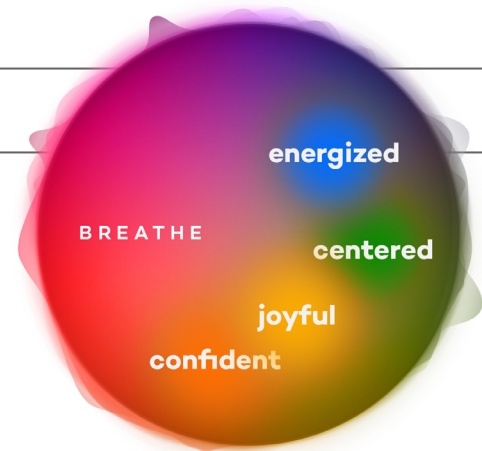
What makes Breakthru different?

1

Just 2-minutes. Embedded in work tools, at an easy reach. Turnkey to implement. Tuneable by mood.

Embedded in Microsoft Teams, Office 365, Chrome and Slack, it fits into the flow of the day and company culture **without being another add-on.**

Individuals set custom reminders, or reach for the break they need when they need it. Teams gift to each other, share in meetings, add to training sessions, and set team challenges.



“Micro movements to improve mental health shone through, and the app was so simple to use that our team knew we had to get this out. NHS employees can now give their colleagues the gift of time and positive movement.”

JOHN MCGHIE
HEAD OF COLLABORATION SERVICES, NHS ENGLAND

2

Reset mind, mood, and body. Research proves our brains need breaks. Your best performers may have a hard time taking them. Make it easy.

Movement and breathing microbreaks bring energy, cognitive focus, performance, and musculoskeletal health—for reduced costs, absenteeism, and errors.



Mind

Movement sharpens focus, reduces decision fatigue, improves cognitive functioning, and fosters resilience.

Movement breaks have immediate cognitive impacts: improving working memory, attention, processing speed, executive function, and task-switching.



Mood

The adverse impact of job stress on work engagement disappears when nurses engage in high levels of microbreak activity.

On days when taking microbreaks, employees reported more positive emotions, fewer negative feelings and more energy, reporting an average 25% reduction in fatigue.

“Breakthru is just the bright spot we need to help awaken our spirits and energize our team.”

TERESA, RESPONSE CRISIS CENTER, SUFFOLK COUNTY CRISIS HOTLINE



Body

Movement microbreaks reduce the amount of musculoskeletal pain you feel (especially in the neck, wrists, shoulders, and upper back) as well as the number of places you feel it.

Musculoskeletal pain is the most common cause of incapacity among nurses. The annual prevalence of work related musculoskeletal disorders among nurses was found to be 77.2%.⁷ Lower back (57%) and neck (56%) were the body areas most commonly painful in the past year. All mental health problems, and most strongly somatic stress symptoms, are associated with musculoskeletal pain.

“My neck doesn’t hurt anymore at the end of the day. Breakthru gives me more motivation to move in general.”

MICHELLE, ONCOLOGY NURSE, COREWELL HEALTH

Immediate Feelings After a Break

Most Common Words

Relaxed

Refreshed

Reset / Ready

Energized

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Extremely effective as a team tool.

Built with teams in mind. Group features include gifting breaks, setting team challenges, and meeting integrations that build momentum for break-taking as a team.

Individual Benefits



- Restores your Cognitive Capacity
- Reduces Fatigue and Risk of Error
- Fosters Resilience

Team Benefits



- Improves Team Energy and Mood
- Increases Focus and Performance
- Improves Trust, Connection, and Social Vitality

Organization Benefits

- Strengthens Patient Engagement
- Improves Safety and Ergonomics
- Reduces Turnover and Associated Costs

Demonstrated benefits of Breakthru:

96%

say microbreaks make their day better

95%

reported a positive sentiment shift

90%

say they feel more ready for their next task

FOR MORE INFORMATION CONTACT:

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