

WELFARE CHECK-INS FOR FARMS & RURAL TEAMS.

One personalised text that reaches everyone on the farm, on any phone. Check in through a big season, a dry spell or a flood, triage every reply, and connect anyone who needs help with your professional support or EAP.



OUT ON THE FARM, FROM FIRST LIGHT TO LAST

A quick check-in reaches people wherever they are: in the shed, on the bike or at home.



ANY PHONE. NO APP TO DOWNLOAD.

No login, nothing to install. If it gets texts, it works.

NO DATA TO REPLY

No data needed to reply by text, and no Wi-Fi either.

STAFF PAY NOTHING*

Replying costs your people nothing. The texts are covered for them.

*Once we're connected to your communication provider.

YOUR QUESTIONS

Personalised, fully customisable check-ins in your words.

BUILT FOR THE WAY FARMS WORK

Isolation

Reach people working on their own, far from town and from neighbours.

Seasonal pressure

Check in through calving, lambing, harvest and other peak times.

Weather and markets

A quick check-in through a dry spell, a flood or a tough market.

Long hours

See how people are going across long days that start before dawn.

Family farms

Look after the people who live and work on the same land.

Not on email or apps

Everyone is included, wherever they are and whatever phone they use.

START HERE · NO COST

FREE 2-WEEK PILOT: SMS CHECK-INS AND AI-4U, UP TO 10 STAFF

Try it with one farm team. You get a short pilot summary at the end, then decide within 7 days.

[WELLBEINGSOLUTIONS.CO/PILOT](https://wellbeingsolutions.co/pilot)

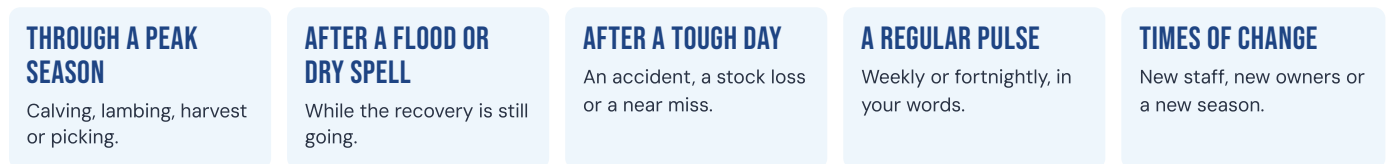
hello@wellbeingsolutions.co

MORE THAN A TEXT. EVERY REPLY TRIAGED.

Every check-in follows the same clear path, so the people who need help are seen and supported, not lost in a busy week.



WHEN TO CHECK IN

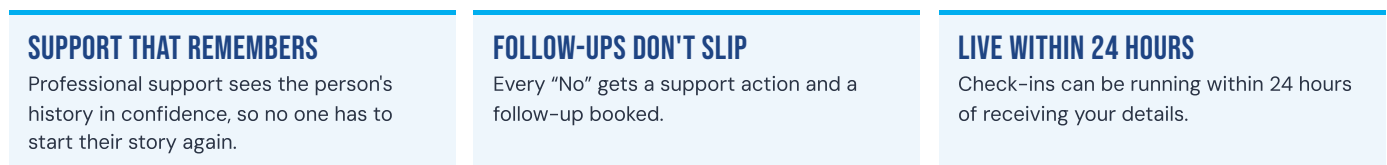


WHAT HAPPENS AFTER SOMEONE REPLIES “NO”

- 1 Check-in sent.** The business writes its own check-in text and sends it to staff.
- 2 Instant reply and triage.** A warm reply straight away, and they're flagged for support: “Always remember, you are never alone.”
- 3 Professional support notified.** Your professional support or EAP is told who asked for help, the question asked and their answer.
- 4 The full story, in confidence.** Support opens the person's profile to see their history, so the story comes together, not just today's message. Only professional support can see this; business admins can't.
- 5 A conversation that captures what matters.** Support records the call, with the person's name if they agree or anonymously if not, and sets a risk rating. This feeds anonymous reporting only.
- 6 A clear plan.** Support creates a support action with guidance for the person and books a follow-up call.
- 7 No one falls through the cracks.** If a follow-up isn't updated in time, it's escalated and the business admin is asked to assign someone else. The admin is only told the callback is overdue, never the person's details.



Every reply is triaged. When someone replies “No”, they get a warm reply straight away, and your professional support or EAP gets in touch, plans next steps and books a follow-up, so no one falls through the cracks.



WHEN THE WEATHER HITS, CHECK ON YOUR PEOPLE.

Your business continuity plan covers the land, the stock and the machinery. Emergency welfare check-ins help with the people side: who is safe, who needs help at home, and who is ready for the next day on the farm.



EMERGENCY WELFARE CHECKS

- + **Is everyone safe?** Reach out to your people quickly across every farm and block, to check they're safe and connect them to help.
- + **Home and whānau.** Find out who's dealing with damage at home, so support and rosters can be planned around it.
- + **See who has replied.** Follow up with anyone who hasn't, once the immediate response is under way.
- + **In the days that follow.** Follow-up check-ins as the clean-up goes on and fatigue builds.

Part of your plan, not your alarm. Check-ins support staff welfare and follow-up when mobile networks are available. They don't replace emergency services or emergency alerts.

DE-IDENTIFIED LEADERSHIP REPORTING

See what's building before it becomes an incident. Leaders see de-identified trends by farm, team or season, never individual replies, to guide H&S and wellbeing priorities.

- + Trends across peak seasons, weather events and quieter periods
- + Hotspots such as isolation, long hours and workload
- + Supports psychosocial risk work, informed by ISO 45003 guidance
- + A clear picture to share with H&S and people leaders

FARM TEAM WELLBEING TRENDS

Illustrative example



Higher is better. Example figures for illustration only.



Your duty of care. WellbeingSolutions can support you to identify and manage psychosocial risks, part of your duty under the Health and Safety at Work Act 2015.

AI-4U, there between check-ins

AI-4U web chat is there 24/7 between check-ins, for anyone who wants confidential guidance. AI-4U guides people to professional support. It does not diagnose and is not an emergency service.

START BEFORE THE BUSY SEASON

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