



Empeal



Sohini De

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Sohini De is the founder and CEO of Empeal, an award-winning company providing health risk management solutions digitally, focused on prevention and management of chronic conditions.

During her 22-year career in global equity management, Sohini realised the damaging health effects of high stress jobs. This drove her to study nutritional therapy based on functional medicine for four years. Believing in innovative solutions delivered at scale, she founded Empeal in 2017 with the aim of providing highly personalised nutrition and lifestyle programmes at scale, at a fraction of the cost, whilst delivering truly measurable results.

Empeal has gamified corporate and employee health, helping employees who voluntarily take part in completely anonymized programmes to become healthier, physically and mentally – and those who excel, are given further rewards. With its focus on health outcomes and ‘elevating’ existing Employee Assistance Programmes, the Empeal platform provides users a quality yet accessible experience by giving very intricate health data in the simplest way possible. Everything Empeal does is measurable.

Empeal has been supported by Enterprise Ireland as a High Potential Start Up and is now operating internationally. It plans to expand its international markets facilitating improved health outcomes and transforming and optimising health and wellbeing for busy professionals.

www.empeal.com

