

Weekly Team Training - August 18

[Overview of Wolution app features @ 0:10](#)

Chris provided a detailed walkthrough of the Wolution app, highlighting its various features and capabilities. This includes goal-setting, health assessments, biometric tracking, virtual classes, and integrated services like prescriptions, legal assistance, and identity theft protection. The app is designed to be a comprehensive wellness platform for employees and their families.

[Wolution app launch and adoption @ 7:38](#)

Chris reported that the Wolution app has seen a high acceptance rate among users, with low opt-out rates. He noted some initial delays in the technology development, but said the team is now in a good place and excited about upcoming enhancements and integrations that will further improve the platform.

[Wolution individual user offering @ 9:36](#)

Chris and the team discussed plans to release an individual version of the Wolution app, separate from the group offering. This would allow individuals to subscribe and use the app's features even if their employer does not offer it. The target timeline for this individual offering is around November 1st.

[Wolution revenue opportunities @ 12:00](#)

The group discussed how the individual Wolution offering could create new revenue opportunities, both for the app itself and as a way to introduce the broader Capstone Plus program to new customers. The ability for individual users to earn revenue by referring the app was highlighted as a key benefit.

[Recap and next steps @ 23:13](#)

The meeting wrapped up with a brief recap, noting that the next training sessions will focus more on the Capstone Plus accident plan. The group also discussed the timing of future meetings, with the next regular session scheduled for the following Monday.