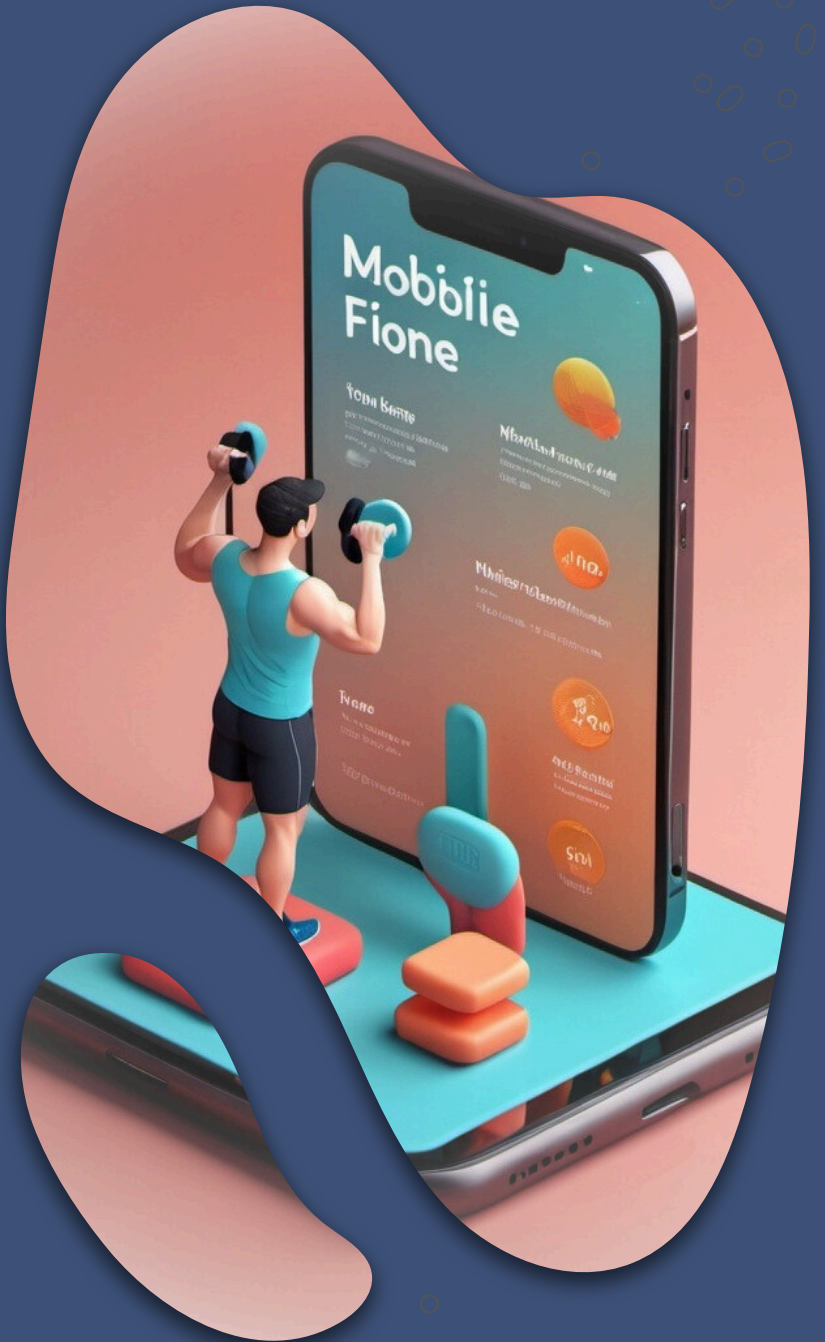


# Workplace Wellness Programs TIPS

KIT for HR  
Employee  
Experience  
Architect



# Workplace Wellness Programs TIPS

## 1

### **Comprehensive Programs**

Target the entire employee population, not just those at high risk.

Use a combination of online resources, personal attention, and onsite activities.

Ensure broad participation by including diverse content areas such as mental and emotional health, nutrition, physical activity, stress management, smoking cessation, productivity, and financial wellness.

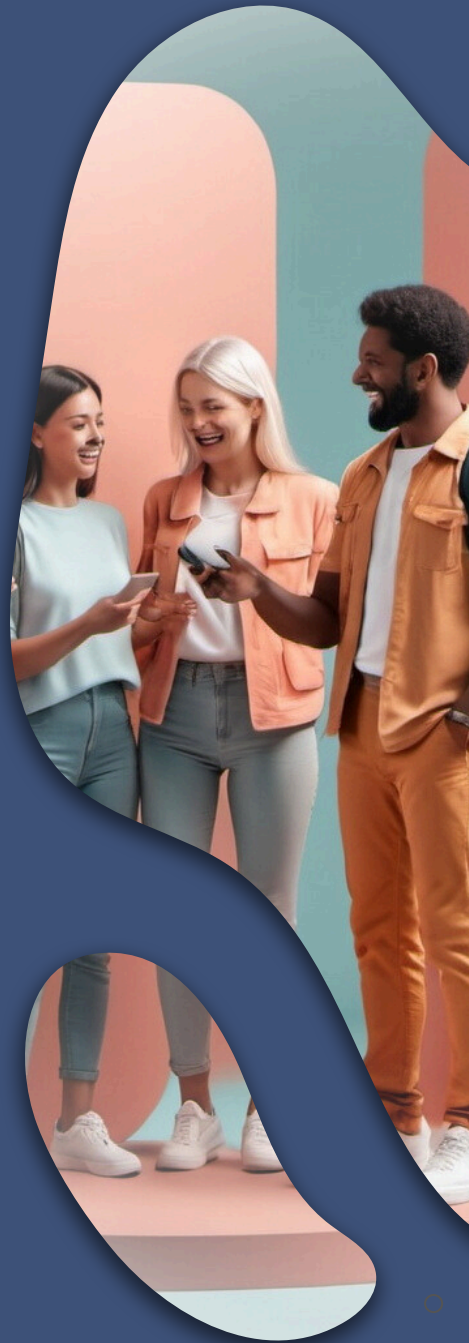


## 2

### **Holistic and Inclusive Strategies**

Consider diversity, equity, and inclusion to ensure all employees feel represented and supported.

Use preventive measures and the latest technologies to provide accessible services to employees and their families.



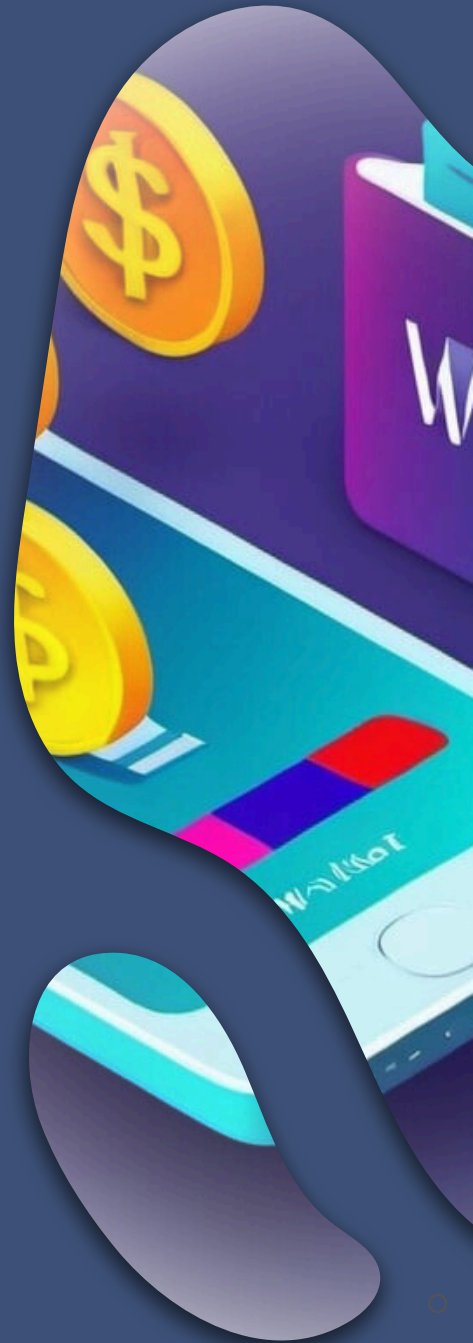
# Workplace Wellness Programs TIPS

## 3

### **Employee Incentive Programs**

Implement programs that reward employees for achieving specific goals.

Use incentives such as free lunches, gift cards, or special parking spots to motivate employees and maintain high productivity.



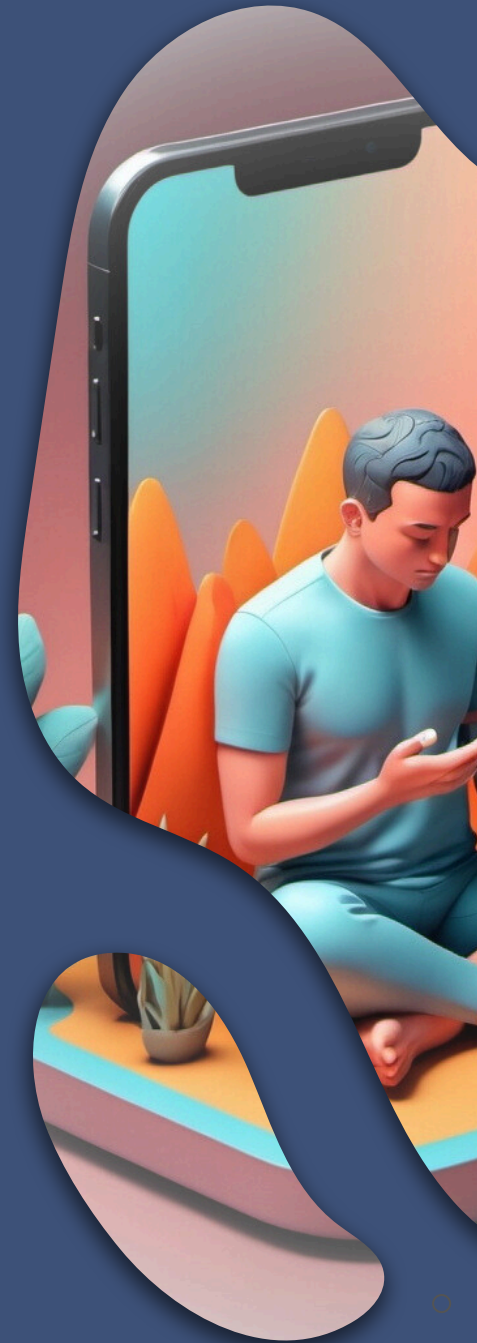
# Workplace Wellness Programs TIPS

## 4

### **Personalized Health Programs**

Tailor wellness programs to meet the unique needs of employees.

Utilize platforms that cater to individual health and well-being goals.

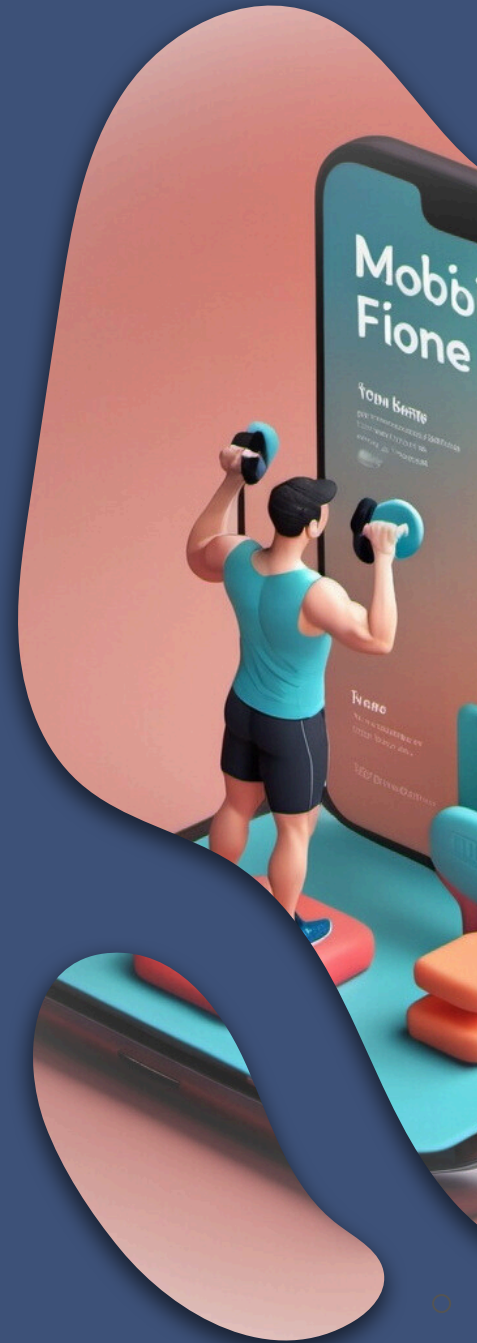


## 5

### Apply Scientific Thinking

Evaluate wellness programs based on their actual impact on well-being.

Assess the effectiveness of wellness initiatives through measurable outcomes rather than trends or endorsements.



# Workplace Wellness Programs TIPS

## 6

### **Get Wember to sort it all out**

Wember provides comprehensive wellness solutions for companies, utilizing technology to offer wellness monitoring, employee activation, and incentivization programs encompassing various well-being dimensions, including physical, mental, and environmental well-being, thus fostering a healthier, more engaged workforce.

