

# Workplace Rewards Programs TIPS

KIT for HR  
Employee  
Experience  
Architect



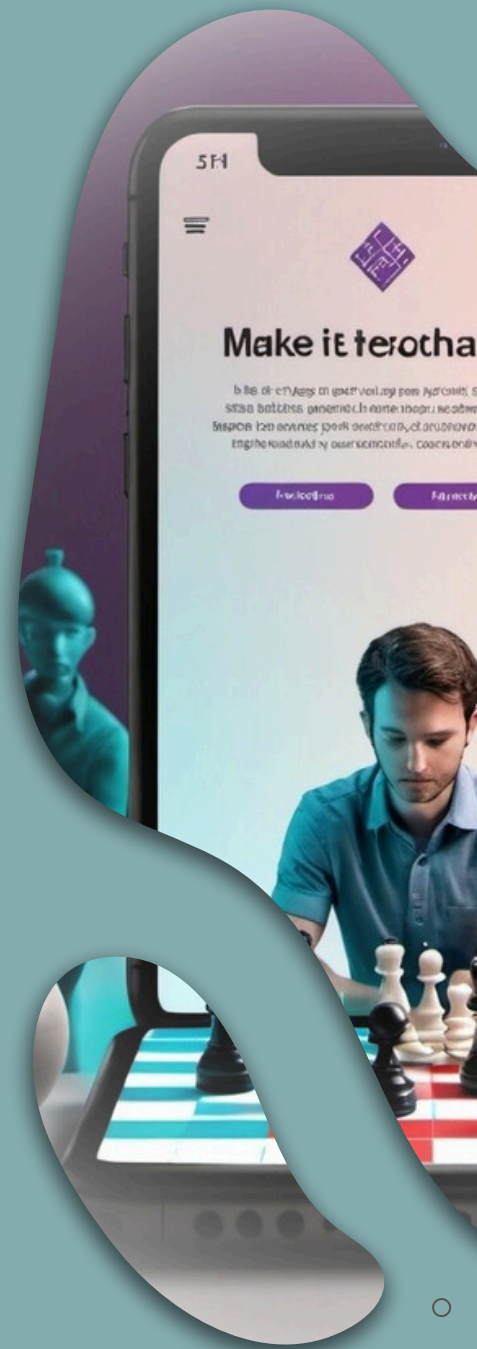
# Workplace Rewards Programs TIPS

# 1

## Incentives and Rewards

Motivate employees to participate in wellness programs through incentives such as gift cards, extra time off, or recognition programs.

Rewards can drive sustained engagement and encourage healthier habits.



## 2

### Subsidised Wellness Programs

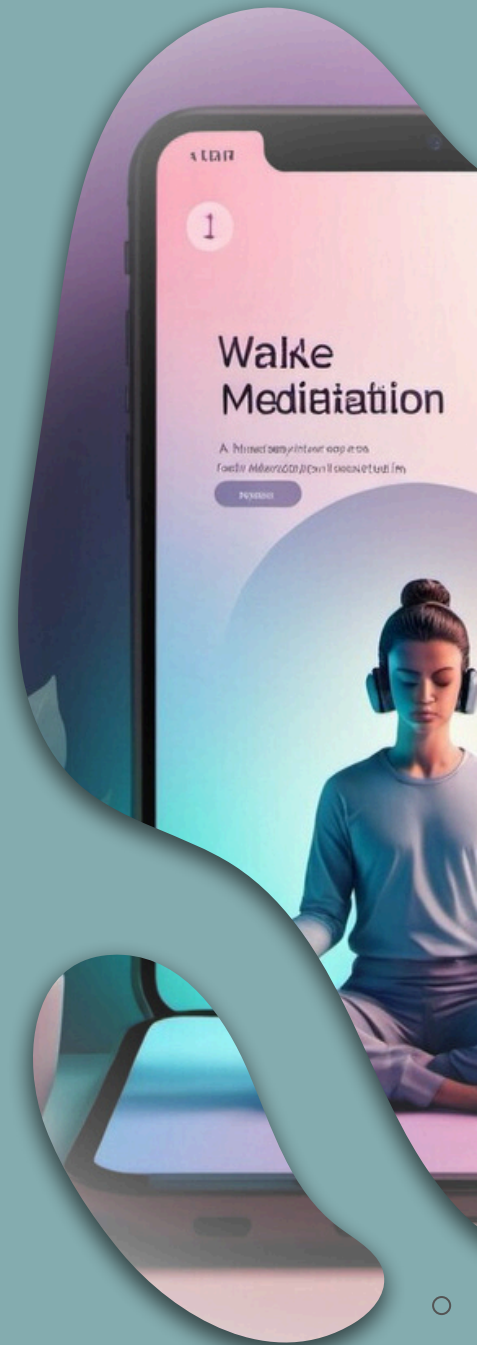
Subsidise wellness programs to make them more accessible to employees, such as weight loss programs, smoking cessation programs, and stress management courses.



## 3

### Wellness Champions

Utilize wellness champions to demystify incentives and encourage participation through peer influence, making wellness programs more relatable and accessible.

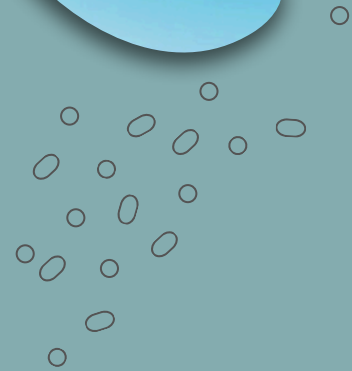


## 4

### **Recognition Programs**

Recognize and reward employees for their contributions and achievements in wellness activities.

Celebrate those who achieve health goals or show improvement in their wellness journey.



## 5

### Wellness Challenges

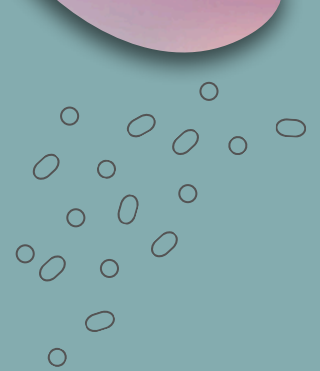
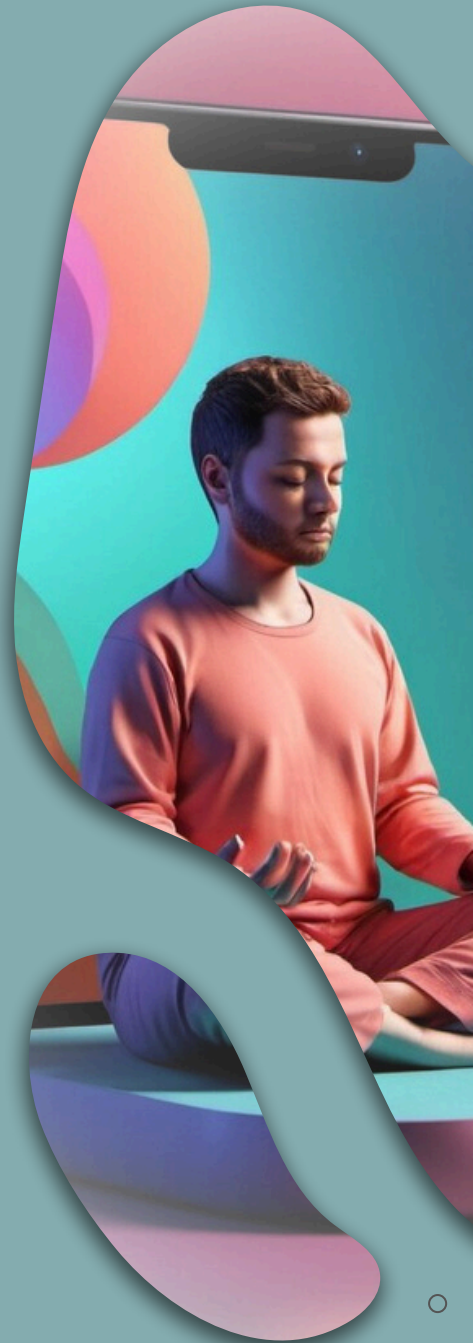
Implement wellness challenges with incentives to motivate participation and foster a culture of healthy competition.



## 6

### Wellness Champion of the Month

Implement a 'Wellness Champion of the Month' program or similar recognition in company communications to celebrate regular participation in wellness activities.



## 7

### Employee Feedback

Regularly seek and act on employee feedback to improve wellness programs.

Use surveys or focus groups to understand employee needs and preferences.





## 8

### Wellness Points System

Establish a system where employees earn points for participating in wellness activities, which can be redeemed for rewards like gift cards or company merchandise.



## 9

### Extra Wellness Days

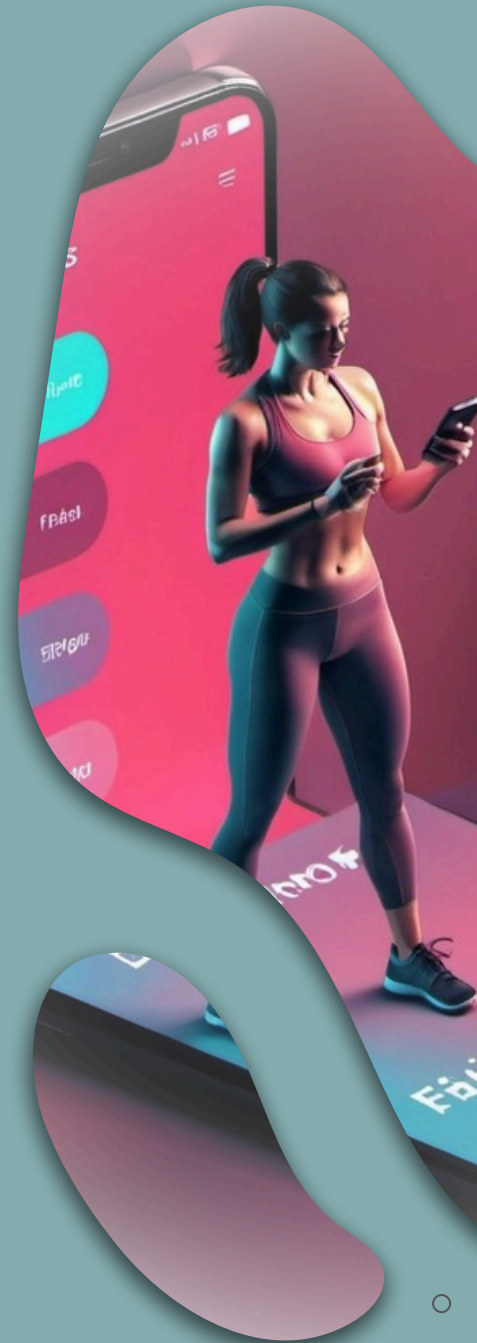
Reward employees with additional time off upon reaching certain wellness milestones, linking their efforts in personal well-being to work-life balance.



# 10

## Healthy Meal Vouchers

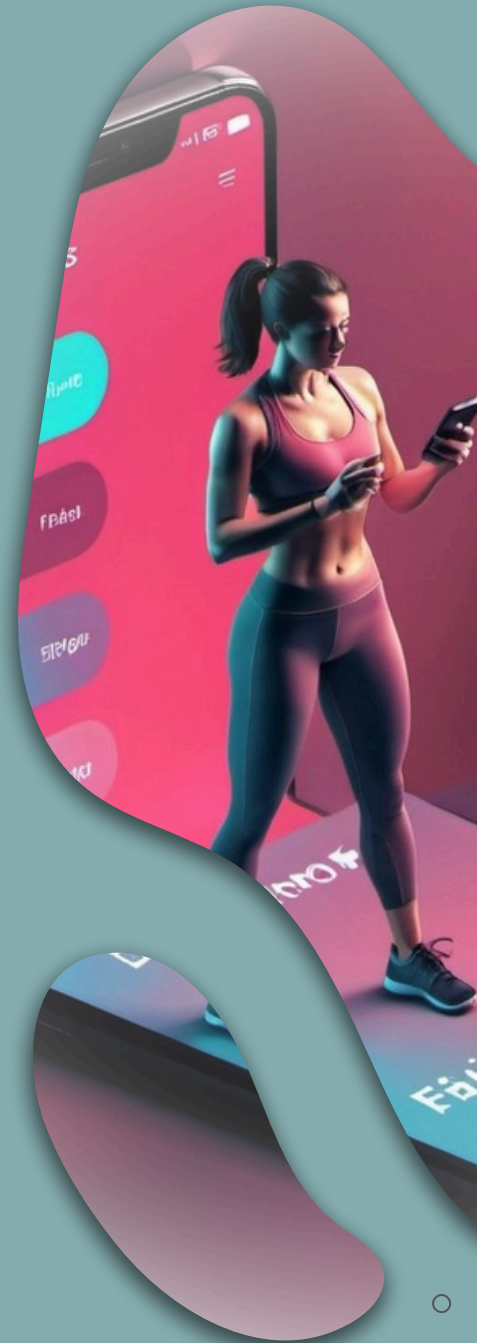
Provide meal vouchers for nutritious food options, encouraging healthy eating while rewarding participation in wellness programs.



## 11

### Massages and Relaxation Treatments

Offer massage coupons or spa treatment gift cards as rewards for engaging in wellness activities, promoting physical and emotional wellbeing.



# 12

## 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.

