

Using Technology in Workplace Wellness TIPS

KIT for HR
Employee
Experience
Architect



1

Flexible and Accessible Wellness Programs

Leverage technology to provide wellness programs that are accessible and flexible. Mobile-ready platforms ensure continuous engagement and participation, whether employees are working onsite or remotely.

This approach helps maintain a consistent focus on wellness across different work environments.



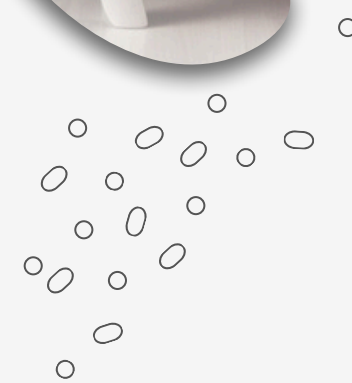
2

Tracking and Educational Resources

Utilize wellness platforms, apps, and wearable devices to track employees' progress in various wellness activities.

These tools can offer educational resources and enable virtual challenges, enhancing both accessibility and engagement.

For example, fitness trackers can monitor physical activity, and wellness apps can offer tips on nutrition and mental health.



3

Robust Technology Platforms

Invest in a robust technology platform that can deliver comprehensive wellness services and ensure accessibility.

Such a platform should facilitate data analysis, reporting, and the integration of multiple services like fitness tracking, health assessments, and mental wellness resources.

As technology evolves, the wellness strategy should remain flexible and adaptable to incorporate new tools and platforms.



4

Encourage Outdoor Breaks

Promote the use of technology to schedule and remind employees to take outdoor breaks.

This can improve psychological and physical well-being by allowing employees to spend time outside, which helps them relax and rejuvenate during work hours.

Setting up outdoor break areas or providing access to balconies can further support this initiative.



5

Support Volunteerism

Use technology to measure participation in staff volunteer days or the use of company-provided volunteer days off.

This helps gauge whether employees feel supported in their spiritual growth and community involvement.

Tracking participation in these activities can provide insights into employee engagement and overall well-being.



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.

