

HELPING YOU BUILD AN EMPLOYEE WELLNESS PROGRAMME

OUR APPROACH TO WORKPLACE WELLNESS

Considering that one third of adult life is spent at work, Workplace Wellness programmes are an excellent way to support employees and organisations in keeping individuals happy and healthy while at the same time reducing healthcare cost and improving productivity.



Assess your company's health DNA with our HR Score Card.



Collect employee health data to get a snapshot of your company's health.

START



Decide which programmes or interventions make the most sense for your employees.



Key intervention programmes could include weight management, smoking cessation, and physical activity.



Set the vision, goals and measurable objectives.



Design an incentive programme to help encourage participation.



Choose the frequency of interventions. Try weekly, monthly, or quarterly.



Consider strategies to reach spouses and dependents. Identify programme budget. Piggyback on other programmes to reduce cost.





Present plan and get buy-in from leadership.



Address workplace policies and the environment to ensure a supportive culture.





Develop marketing programme and communication.



Make it fun. Build a clear, identifiable brand for your wellness programme.

Set a realistic timeline for implementation and evaluation of programme.





Monitor the effectiveness and make adjustments as needed.



END



\$3.80
ROI from disease management wellness programmes



22%Global rise in Cardiovascular Disease by 2030



10,000 clients made us as their medical and travel security risk and cost mitigation partner

Mattke S et all 2014

WEF 2011

2017