

Benefits of Workplace Wellness program

We stress to our clients that buying into a corporate health and wellness program is one of the most important financial investments you will ever make. It is important to make sure that your program fits all of your company and employee needs and wants.

The top reasons for an employer to have a Health and Wellness program are:

- Improved employee health behaviours
- Reduced employee health risks and costs
- Improved employee productivity
- Decreased employee absenteeism
- Sustained higher employee morale

We first assess the health needs of your employees before deciding which wellness service meets your needs. We build it for maximum participation.

We evaluate and measure how the programs are impacting the health and wellness of your employees.

We find methods to maintain these behaviours for life.

The top reasons for employees to have a Health and Wellness program are:

- Healthier habits
- Improved physical fitness
- More job satisfaction
- Increased performance
- Reduced stress and more peace of mind

Did you know... Employees with 2 or more lifestyle risk factors are absent 50% more often than those without risk factors and cost their employer 2-3 times more.