

employee wellness program examples

Employee Wellness Program Examples: Boosting Morale and Productivity

Are you looking to improve employee morale, boost productivity, and reduce healthcare costs? Then investing in an employee wellness program is a smart move. But where do you start? The sheer number of options can feel overwhelming. This comprehensive guide provides practical and inspiring employee wellness program examples, giving you actionable ideas to create a program that fits your company culture and budget. We'll explore various program types, implementation strategies, and crucial considerations for success. Let's dive in and discover how to cultivate a healthier, happier, and more productive workforce.

Understanding the Importance of Employee Wellness Programs

Before we delve into specific employee wellness program examples, let's establish the "why." Investing in employee well-being isn't just a feel-good initiative; it's a strategic investment with significant returns. A robust wellness program can lead to:

Increased Productivity: Healthier employees are more focused, engaged, and productive.

Reduced Absenteeism and Presenteeism: Fewer sick days and improved focus while at work translate directly to cost savings.

Improved Employee Morale and Engagement: Feeling valued and supported contributes to a positive work environment.

Lower Healthcare Costs: Prevention is key! Wellness programs often reduce the need for costly medical interventions down the line.

Enhanced Company Reputation: A commitment to employee well-being attracts and retains top talent.

Employee Wellness Program Examples: Categorized for Clarity

We'll categorize our employee wellness program examples to help you find the best fit for your organization. Remember, a successful program often involves a combination of approaches.

1. Physical Wellness Programs:

On-site Fitness Facilities: Offering a gym, yoga studio, or fitness classes demonstrates a tangible commitment to employee health. Consider partnering with local gyms for discounted memberships or offering subsidized fitness trackers.

Wellness Challenges: Organize fun competitions like step-count challenges, team sports leagues, or healthy eating contests. Gamification and prizes can significantly boost participation.

Ergonomic Assessments: Provide ergonomic assessments and adjustments to workstations to prevent musculoskeletal injuries. This shows you care about employee comfort and long-term health.

Health Screenings: Offer regular health screenings, including blood pressure checks, cholesterol tests, and biometric screenings. This allows for early detection of potential health issues.

Healthy Food Initiatives: Promote healthy eating by providing access to fresh fruits and vegetables in the breakroom, offering healthy catering options for meetings, or subsidizing healthy lunches.

2. Mental Wellness Programs:

Stress Management Workshops: Provide workshops or seminars on stress management techniques like mindfulness, meditation, or yoga.

Employee Assistance Programs (EAPs): Offer confidential counseling services to address a wide range of personal and work-related issues.

Mental Health Days: Explicitly encourage employees to take mental health days when needed, without judgment.

Flexible Work Arrangements: Allowing for flexible work hours or remote work options can significantly reduce stress and improve work-life balance.

Mindfulness and Meditation Programs: Offer guided meditation sessions or access to mindfulness apps

to help employees cultivate mental clarity and reduce stress.

3. Financial Wellness Programs:

Financial Literacy Workshops: Provide education on budgeting, saving, investing, and debt management.

Retirement Planning Assistance: Offer guidance on retirement planning and investment strategies.

Student Loan Repayment Assistance: Consider offering programs to assist employees with student loan repayment.

4. Social Wellness Programs:

Team-Building Activities: Organize regular team-building events to foster camaraderie and improve communication.

Social Clubs and Interest Groups: Support the formation of employee-led social clubs based on shared interests.

Volunteer Opportunities: Encourage employee participation in community service projects.

Regular Social Gatherings: Host regular social gatherings, like happy hours or potlucks, to create a sense of community.

Implementing Your Employee Wellness Program: Key Considerations

Assess Your Employees' Needs: Conduct surveys and focus groups to understand your employees' health and wellness priorities.

Set Clear Goals and Objectives: Define specific, measurable, achievable, relevant, and time-bound (SMART) goals for your program.

Promote Participation: Actively promote your wellness program through various channels, including email, intranet, and posters.

Track Progress and Measure Results: Monitor key metrics, such as participation rates, absenteeism rates, and employee satisfaction.

Seek Feedback and Make Adjustments: Regularly solicit feedback from employees to identify areas for improvement.

Budget Appropriately: Allocate sufficient resources to ensure your program is adequately funded.

Choose the Right Partners: Consider partnering with external vendors for certain aspects of your program, such as health screenings or fitness classes.

Conclusion

Creating a successful employee wellness program requires careful planning, implementation, and ongoing evaluation. By utilizing the employee wellness program examples outlined above and considering the key implementation points, your organization can create a supportive and healthy work environment that benefits both employees and the bottom line. Remember, the most effective programs are tailored to the specific needs and preferences of your workforce. Don't be afraid to experiment and adapt your program over time to ensure it remains engaging and relevant.

FAQs

1. How much does an employee wellness program cost? The cost varies widely depending on the program's scope and the size of your company. Start small and scale up as you see success and budget allows.
1. What if my employees aren't interested in participating? Promote the program enthusiastically, offer incentives, and solicit feedback to understand any barriers to participation.
1. How do I measure the success of my wellness program? Track key metrics like participation

rates, absenteeism, healthcare costs, and employee feedback through surveys.

1. Do I need a dedicated wellness coordinator? For larger companies, a dedicated coordinator can be beneficial. For smaller companies, a team approach might be more efficient.

1. What if my company has a remote workforce? Adapt your program to suit remote employees, offering virtual fitness classes, online resources, and virtual social events.

employee wellness program examples: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 *Corporate Wellness Programs* offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

employee wellness program examples: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

employee wellness program examples: *Workplace Wellness that Works* Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works*

shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

employee wellness program examples: *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

employee wellness program examples: *The Psychologically Healthy Workplace* Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

employee wellness program examples: *Integrating Employee Health* Institute of Medicine, Food and Nutrition Board, Committee to Assess Worksite Preventive Health Program Needs for NASA Employees, 2005-09-29 The American workforce is changing, creating new challenges for employers to provide occupational health services to meet the needs of employees. The National Aeronautics and Space Administration (NASA) workforce is highly skilled and competitive and employees frequently work under intense pressure to ensure mission success. The Office of the Chief Health and Medical Officer at NASA requested that the Institute of Medicine review its occupational health programs, assess employee awareness of and attitude toward those programs, recommend options for future worksite preventive health programs, and ways to evaluate their effectiveness. The committee's findings show that although NASA has a history of being forward-looking in designing and improving health and wellness programs, there is a need to move from a traditional occupational health model to an integrated, employee-centered program that could serve as a national model for both public and private employers to emulate and improve the health and performance of their workforces.

employee wellness program examples: *Workplace Wellness* Rose Karlo Gantner Ed.D., 2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

employee wellness program examples: *Global Perspectives in Workplace Health Promotion* Wolf Kirsten, Robert Karch, 2012 Health Behavior, Education, & Promotion

employee wellness program examples: *The Healthy Workplace* Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate

improvement and guidelines for building a long-term plan, *The Healthy Workplace* proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

employee wellness program examples: A Review of the U.S. Workplace Wellness Market Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

employee wellness program examples: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

employee wellness program examples: The Governor's Council on Physical Fitness United States. President's Council on Physical Fitness & Sports, 1972

employee wellness program examples: Measure What Matters John Doerr, 2018-04-24 #1 New York Times Bestseller Legendary venture capitalist John Doerr reveals how the goal-setting system of Objectives and Key Results (OKRs) has helped tech giants from Intel to Google achieve explosive growth—and how it can help any organization thrive. In the fall of 1999, John Doerr met with the founders of a start-up whom he'd just given \$12.5 million, the biggest investment of his career. Larry Page and Sergey Brin had amazing technology, entrepreneurial energy, and sky-high ambitions, but no real business plan. For Google to change the world (or even to survive), Page and Brin had to learn how to make tough choices on priorities while keeping their team on track. They'd have to know when to pull the plug on losing propositions, to fail fast. And they needed timely, relevant data to track their progress—to measure what mattered. Doerr taught them about a proven approach to operating excellence: Objectives and Key Results. He had first discovered OKRs in the 1970s as an engineer at Intel, where the legendary Andy Grove (the greatest manager of his or any era) drove the best-run company Doerr had ever seen. Later, as a venture capitalist, Doerr shared Grove's brainchild with more than fifty companies. Wherever the process was faithfully practiced, it worked. In this goal-setting system, objectives define what we seek to achieve; key results are how those top-priority goals will be attained with specific, measurable actions within a set time frame. Everyone's goals, from entry level to CEO, are transparent to the entire organization. The benefits are profound. OKRs surface an organization's most important work. They focus effort and foster coordination. They keep employees on track. They link objectives across silos to unify and strengthen the entire company. Along the way, OKRs enhance workplace satisfaction and boost retention. In *Measure What Matters*, Doerr shares a broad range of first-person, behind-the-scenes case studies, with narrators including Bono and Bill Gates, to demonstrate the focus, agility, and explosive growth that OKRs have spurred at so many great organizations. This book will help a new generation of leaders capture the same magic.

employee wellness program examples: Corporate Stewardship Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a force for building a viable future. This book dares to ask 'why' business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively

respond to external challenges, and focuses on how leaders can create cultures, strategies, and designs far beyond “business as usual”. Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

employee wellness program examples: *ACSM's Worksite Health Handbook* American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features: -An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs -A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship -Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning -A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs -An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit

editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

employee wellness program examples: *A Design Thinking, Systems Approach to Well-Being Within Education and Practice* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

employee wellness program examples: *Wellbeing at Work* Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

employee wellness program examples: *Creating Healthy Organizations* Graham Lowe, 2012-09-28 The current global economic environment is defined by unprecedented uncertainty, a premium placed on knowledge, and the threat of future talent scarcity. Key to an organization's success under these conditions is its ability to strengthen the links between people and performance. *Creating Healthy Organizations* provides executives, managers, human resource professionals, and employees an action-oriented approach to forging these connections by creating and sustaining vibrant and productive workplaces. A healthy organization operates in ways that benefits all stakeholders, including employees, customers, shareholders, and communities. Using a wide range of examples from a variety of internationally based industries, Graham Lowe integrates leading practices with research on workplace health and wellness, quality work environments, employee engagement, organizational performance, and corporate social responsibility to make a compelling business case for creating healthy, resilient, and sustainable organizations. *Creating Healthy Organizations* offers readers, whether CEOs or front-line workers, an innovative framework and practical tools for planning, implementing, and measuring healthy change in their workplaces.

employee wellness program examples: *Health and Safety Needs of Older Workers* Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Health and

Safety Needs of Older Workers, 2004-03-26 Mirroring a worldwide phenomenon in industrialized nations, the U.S. is experiencing a change in its demographic structure known as population aging. Concern about the aging population tends to focus on the adequacy of Medicare and Social Security, retirement of older Americans, and the need to identify policies, programs, and strategies that address the health and safety needs of older workers. Older workers differ from their younger counterparts in a variety of physical, psychological, and social factors. Evaluating the extent, causes, and effects of these factors and improving the research and data systems necessary to address the health and safety needs of older workers may significantly impact both their ability to remain in the workforce and their well being in retirement. Health and Safety Needs of Older Workers provides an image of what is currently known about the health and safety needs of older workers and the research needed to encourage social policies that guarantee older workers a meaningful share of the nation's work opportunities.

employee wellness program examples: The Total Money Makeover: Classic Edition Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

employee wellness program examples: Future of Work, Work-Family Satisfaction, and Employee Well-Being in the Fourth Industrial Revolution Abe, Ethel Ndidiamaka, 2020-11-13 Disruptions are being caused in the workplace due to the development of advanced software technology and the speed at which these technological advancements are being produced. These disruptions could take diverse forms and affect various aspects of work and the lives of entities in the workplaces and families of the individual employees. Work and family are caught in the crossfire between technological disruptions and human adaptation. Hence, there is a need to assess the overall effect that the Fourth Industrial Revolution would have on work, employee work-family satisfaction, and employee well-being. Future of Work, Work-Family Satisfaction, and Employee Well-Being in the Fourth Industrial Revolution is a critical reference source that discusses practical solutions and strategies to manage challenges and address fears regarding the effect of the Fourth Industrial Revolution on the future of employment and the workforce. Featuring research on topics such as corporate governance, job satisfaction, and mental health, this book is ideally designed for human resource professionals, business managers, industry professionals, government officials, policymakers, corporate strategists, consultants, work-life balance experts, human resources software developers, business policy experts, academicians, researchers, and students.

employee wellness program examples: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is

a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive -- but to thrive.

employee wellness program examples: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

employee wellness program examples: Worksite Health Promotion David Chenoweth, 2011 Worksite Health Promotion, Third Edition, combines theoretical principles and research with practical applications and real-world examples to give readers a comprehensive and immediately useable introduction to the field. The text presents a step-by-step approach to planning, implementing, and evaluating programs in a variety of settings.

employee wellness program examples: Head Start Program Performance Standards United States. Office of Child Development, 1975

employee wellness program examples: The Bad Food Bible Aaron E. Carroll, 2017 Reveals the positive benefits of enjoying moderate portions of vilified ingredients ranging from red meat and alcohol to gluten and salt.

employee wellness program examples: Why We Sleep Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

employee wellness program examples: A to Z of D-Toxing Sophia Ruan Gushee, 2015-10-20
Created to be the only reference book that a head of household needs, A to Z of D-Toxing includes hundreds of tips, as well as ten ideas to implement today--Sophia's D-Tox Strategy.

employee wellness program examples: Management Lessons from the Mayo Clinic (PB)
Leonard L. Berry, Kent D. Seltman, 2008-05-31 Management Lessons from Mayo Clinic reveals for the first time how this complex service organization fosters a culture that exceeds customer expectations and earns deep loyalty from both customers and employees. Service business authority Leonard Berry and Mayo Clinic marketing administrator Kent Seltman explain how the Clinic implements and maintains its strategy, adheres to its management system, executes its care model, and embraces new knowledge - invaluable lessons for managers and service providers of all industries. Drs. Berry and Seltman had the rare opportunity to study Mayo Clinic's service culture and systems from the inside by conducting personal interviews with leaders, clinicians, staff, and patients, as well as observing hundreds of clinician-patient interactions. The result is a book about how the Clinic's business concept produces stellar clinical results, organizational efficiency, and interpersonal service. By examining the operating principles that guide every management decision at this legendary healthcare institution, the authors Demonstrate how a great service brand evolves from the core values that nourish and protect it Extrapolate instructive business lessons that apply outside healthcare Illustrate the benefits of pooling talent and encouraging teamwork Relate historical events and perspectives to the present-day Mayo Clinic Share inspiring stories from staff and patients An innovative analysis of this exemplary institution, Management Lessons from Mayo Clinic presents a proven prescription for creating sustainable service excellence in any organization.

employee wellness program examples: The Employee Wellbeing Handbook: A Guide for Collaboration Across All Departments, Benefit Vendors, and Health Practitioners to Build a Culture of Wel Cassie Sobelton, 2019-08-29 Achieve New Business Growth with a Focus on Workplace Culture and Wellbeing Do you have a sneaking suspicion that your workplace culture, or the American workplace as a whole, could use some tweaking? Would you like to prioritize wellness in your organization without paying homage to (or worse, paying for) fluffy, unproven tactics that don't move your and your business forward? Are you a benefit broker or consultant who is left feeling vulnerable and in need of best-in-class strategies or initiatives? Or maybe you're a niche vendor in the wellness industry and need a more thorough understanding of the other players or ways to incorporate the various employee benefits your clients are utilizing. If you are expected to assist or even lead the health and wellbeing initiatives at your clients' organizations, or you are the go-to human resource employee for wellbeing at your organization, this book is a must-have for your office. Newsflash: Large corporations, such as Google or Apple, that effortlessly attract the best talent by prioritizing their employees' wellbeing don't have a secret unavailable to you! You can build a human resources strategy that places employee wellbeing first, thereby bringing in hardworking, highly qualified and healthy individuals to drive innovation at your organization. And as a result, you can enjoy levels of employee development and business growth that you wouldn't have dreamed possible beforehand. All you need is a little help. Enter The Employee Wellbeing Handbook. Bestselling author Cassie Sobelton is a health and wellness expert who believes in a real world approach to Mind, Body, and Spirit balance. Where her first book (Back to Balance: Crack Your Mind, Body, Spirit Code to Transform Your Health) tackled individual health, this newest guide takes on the wellbeing of entire corporations. Whether you're in health and fitness, human resources, healthcare or insurance, or any other field that deals with the wellness of employees, this book is for you. In it, you'll learn: The philosophies and backgrounds that make up the current approach to wellness in the workplace How recent decades have changed the overall approach to workplace wellbeing The difference between culture, wellness and wellbeing - and why it's so important to be targeted in your word choice Why collaboration with others in the industry is critical to the health of America as a whole How to lead discussions about workplace wellbeing that generate actual results How to develop the right strategy for your workplace and design metrics to track your progress The not-so-secret secret for re-engaging employees in their jobs, driving

business growth and doing right by your company Now before you hear wellness and start thinking meditation rooms or nap pods, know that we're not just talking about little fixes. Instead, Sobelton advocates culture shifts that affect organizations as a whole. If there were a Corporate Wellness Industry 101, this is the textbook the professor would use - which means if you're in the industry, you need it at your side today. Are you ready for the business growth coaching manual you've been waiting for? Do you want to prioritize holistic healing without fluff at your company? Would you like to use your medical expertise to instill good health principles in others? Don't wait. Buy NOW to understand the industry, gain influence and make the world a better place. Pick up your copy today by clicking the BUY NOW button at the top of this page!

employee wellness program examples: Health Behavior Change and Treatment

Adherence Leslie R. Martin, Kelly B. Haskard-Zolnierrek, M. Robin DiMatteo, 2010 This title synthesizes the results from more than 50 years of empirical research, resulting in simple, powerful, and practical guidance for health professionals who want to know the most effective strategies for helping their clients to put long-term health-relevant behaviour changes into practice.

employee wellness program examples: Wellness Management in Hospitality and

Tourism Bendegul Okumus, Heather Linton-Kelly, 2022-10-31 The first text that studies the science behind the trends and look at every aspect of wellness across the tourism and hospitality industries. It provides students with the skills and knowledge to become a leader in the development of this new wave of exciting, nutritious, safe and profitable wellness products, services and practices.

employee wellness program examples: Leading Virtual Teams (HBR 20-Minute Manager

Series) Harvard Business Review, 2016-07-12 Manage your team from anywhere. Leading any team involves managing people, technical oversight, and project administration, but leaders of virtual teams perform these functions from afar. Leading Virtual Teams walks you through the basics of: Connecting your people to each other—and to the team's mission Surmounting language, distance, and technology barriers Identifying and using the right communication channels Don't have much time? Get up to speed fast on the most essential business skills with HBR's 20-Minute Manager series. Whether you need a crash course or a brief refresher, each book in the series is a concise, practical primer that will help you brush up on a key management topic. Advice you can quickly read and apply, for ambitious professionals and aspiring executives—from the most trusted source in business.

employee wellness program examples: Positive Professionals Anne Brafford, 2017 'Positive

Professionals' is a practical handbook of science-backed strategies to foster full engagement by enhancing people's experience of meaningful work, of feeling valued and valuable, and of growing and developing. The book's well-researched business case convincingly shows that greater engagement boosts not only individual well-being but also profitability, productivity, performance, retention of talent, and client satisfaction.--Back cover.

employee wellness program examples: Wellness Recovery Action Plan (WRAP) Mary Ellen

Copeland, 2003

employee wellness program examples: Managing and Organizations Stewart Clegg, Martin

Kornberger, Tyrone Pitsis, 2008 ... provides an original and engaging introduction to organizational behavior. New to the second edition: Completely revised and restructured to better match Organizational Behaviour courses; six new chapters for coverage of all essential topics, including: individuals, teams and groups, human resource management, ethics and corporate social responsibility; new learning features including boxed sections, case studies, and marginal definitions, to ensure students explore key themes and truly engage with contemporary debates; a new companion website and full instructors manual.--Cover.

employee wellness program examples: Mental Health and Productivity in the Workplace

Jeffrey P. Kahn, M.D., Alan M. Langlieb, M.D., M.B.A., 2002-11-29 Mental Health and Productivity in the Workplace is a comprehensive and practical guide to identifying, understanding, preventing, and resolving individual and organizational mental health problems in the workplace. Originally published as Mental Health in the Workplace (Van Nostrand/Wiley, 1993), this completely revised,

updated, and expanded edition represents the most current thinking in the field and contains contributions from an expert panel of organizational and occupational psychiatrists. With fifty percent more chapters, this new edition adds essential material on creating systems and cultures that encourage organizational productivity and employee mental health and on finding cost-effective, quality mental health care. The book focuses on problems that start at the top (executive dysfunction) as well as on the effects of organizational structure, office politics, chronic change, downsizing and employment uncertainty, office wide emotional crises, and aspects of organizational development. In addition, this helpful resource includes information about such basic issues as anxiety, stress, burnout, depression, drug and alcohol abuse, violence, and psychosis.

employee wellness program examples: Marketing for Health and Wellness Programs

James Busbin, Donald Self, 2013-01-11 Learn useful strategies for marketing health and wellness programs. This important new book presents a cross-section of current research and commentary on wellness and prevention issues. The 17 authors--representing 11 different institutions--are some of the most active health care consultants in the academic community. They discuss studies for hospital based programs, workplace programs, and governmental and educational institutions. Important marketing concepts are used to segment the work into several sections. Included are chapters which help to define the actual product lines which should be grouped into wellness and prevention programs, studies that define several important market segments, and chapters on channels of distribution. This timely volume concludes with an analysis of current research efforts and directions for future research. Marketing for Health and Wellness Programs is essential reading for hospital administrators, faculty physicians at teaching hospitals, public health professors, government health service administration employees, corporate managers and personnel administrators, insurance industry managers, independent health and wellness consultants, and staff members of health trade publications.

employee wellness program examples: The Health Seeker's Handbook Bob Merberg, 2003-10 In The Health Seeker's Handbook, health coach Bob Merberg shows readers how to kick the willpower habit and get fit, lose weight, or reduce stress, once and for all. With humor, real life stories, and a wealth of practical tips as well as profound insights, 'The Health Seeker's Handbook' integrates the essential elements for creating any long-lasting health change--whether physical, psychological, or spiritual. It recognizes that the key to success is not the strength of our willpower but the willingness to pay attention, to treat ourselves with kindness and caring, and to shed the self-limiting beliefs that block us from acting on our deepest attentions. -- Barbara Carlson, coauthor, Taking Care of Me

employee wellness program examples: Storied Health and Illness Jill Yamasaki, Patricia Geist-Martin, Barbara F. Sharf, 2016-07-01 Health and illness are storied experiences that necessarily entail personal, cultural, and political complexities. For all of us, communicating about health and illness requires a continuous negotiation of these complexities and a delicate balance between what we learn about the biology of disease from providers and our own very personal, subjective experiences of being ill. Storied Health and Illness brings together dozens of noteworthy scholars, both established and emerging, in a provocative collection that embraces narrative ways of knowing to think about, analyze, and reconsider our own and others' health beliefs, behaviors, and communication. Comprehensive content reflects the editors' substantial research in integrative health, narrative care, and innovative ways of improving well-being and quality of life in personal relationships, healthcare, the workplace, and community settings. Unique narrative approaches to the study of health communication include: • 14 chapters written by 22 contributors who use engaging stories from their own research or personal experience to introduce and ground foundational communication concepts in healthcare, health promotion, community support, organizational wellness, and other health-related sites of interest. • Compelling stories of individuals living with the inherent challenges and unexpected opportunities of mental illness, addiction, aging, cancer, dialysis, sexual harassment, miscarriage, obesity, alopecia, breastfeeding, health threats to immigrant workers, developmental differences, and youth gun violence. • 36 Health Communication

in Action (HCIA) sidebars that highlight applied research of innovative health communication scholars in their own words and then prompt readers to think more deeply about their own perspectives and experiences. • Theorizing Practice boxes that encourage readers to reflect on stories that describe significant experiences in their own and others' lives as they consider assumptions and enlarge their viewpoints in previously unimagined ways.

Additional Resources

employee wellness program examples

[Employee Wellness Program Examples](#)

Employee Wellness Program Examples

Related Articles

- [emoji rotations answer key](#)
- [explore student journal answer key](#)
- [envision florida algebra 2](#)

[Back to Home](#)