

EMPLOYEE WELLNESS PROGRAM MEANING

EMPLOYEE WELLNESS PROGRAM MEANING: A COMPREHENSIVE GUIDE FOR BUSINESSES

FEELING OVERWHELMED BY THE CONSTANT BUZZ AROUND “EMPLOYEE WELLNESS PROGRAMS”? YOU’RE NOT ALONE. THE TERM GETS THROWN AROUND A LOT, BUT WHAT DOES IT REALLY MEAN? THIS COMPREHENSIVE GUIDE WILL DELVE DEEP INTO THE MEANING OF AN EMPLOYEE WELLNESS PROGRAM, EXPLORING ITS COMPONENTS, BENEFITS, IMPLEMENTATION STRATEGIES, AND THE OVERALL IMPACT ON YOUR BUSINESS’S BOTTOM LINE AND EMPLOYEE MORALE. WE’LL UNCOVER EVERYTHING YOU NEED TO KNOW TO UNDERSTAND AND, POTENTIALLY, IMPLEMENT A SUCCESSFUL PROGRAM FOR YOUR OWN ORGANIZATION.

WHAT IS AN EMPLOYEE WELLNESS PROGRAM (EWP)? A CLEAR DEFINITION

AT ITS CORE, AN EMPLOYEE WELLNESS PROGRAM MEANING IS STRAIGHTFORWARD: IT’S A SET OF INITIATIVES DESIGNED TO IMPROVE THE PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING OF EMPLOYEES. IT’S NOT JUST ABOUT OFFERING GYM MEMBERSHIPS (THOUGH THAT’S OFTEN A PART OF IT). INSTEAD, A TRULY EFFECTIVE EWP ADDRESSES THE HOLISTIC WELL-BEING OF YOUR WORKFORCE, RECOGNIZING THAT THEIR HEALTH EXTENDS FAR BEYOND PHYSICAL FITNESS. THESE PROGRAMS AIM TO CREATE A SUPPORTIVE AND HEALTHY WORK ENVIRONMENT WHERE EMPLOYEES FEEL VALUED, EMPOWERED, AND EQUIPPED TO THRIVE BOTH PROFESSIONALLY AND PERSONALLY.

KEY COMPONENTS OF A SUCCESSFUL EMPLOYEE WELLNESS PROGRAM

A ROBUST EWP GOES BEYOND SIMPLE PERKS. IT ENCOMPASSES A MULTIFACETED APPROACH, TYPICALLY INCLUDING SEVERAL KEY COMPONENTS:

HEALTH PROMOTION AND PREVENTION: THIS INVOLVES EDUCATING EMPLOYEES ABOUT HEALTHY LIFESTYLE CHOICES, INCLUDING NUTRITION, EXERCISE, STRESS MANAGEMENT, AND PREVENTATIVE HEALTH SCREENINGS. THINK WORKSHOPS, ONLINE RESOURCES, AND HEALTH ASSESSMENTS.

DISEASE MANAGEMENT PROGRAMS: FOR EMPLOYEES ALREADY FACING HEALTH CHALLENGES, THESE PROGRAMS PROVIDE SUPPORT AND RESOURCES TO MANAGE CHRONIC CONDITIONS LIKE DIABETES, HEART DISEASE, OR MENTAL HEALTH ISSUES. THIS MIGHT INCLUDE ACCESS TO SPECIALISTS, SUPPORT GROUPS, OR MEDICATION MANAGEMENT ASSISTANCE.

MENTAL HEALTH AND WELLNESS INITIATIVES: THIS IS A CRUCIAL ASPECT OFTEN OVERLOOKED. IT INCLUDES ACCESS TO MENTAL HEALTH PROFESSIONALS, STRESS REDUCTION TECHNIQUES LIKE MINDFULNESS OR YOGA, AND PROGRAMS ADDRESSING WORK-LIFE BALANCE. CREATING A CULTURE THAT OPENLY SUPPORTS MENTAL HEALTH IS PARAMOUNT.

FINANCIAL WELLNESS PROGRAMS: FINANCIAL STRESS SIGNIFICANTLY IMPACTS OVERALL WELL-BEING. PROGRAMS OFFERING FINANCIAL LITERACY WORKSHOPS, DEBT MANAGEMENT COUNSELING, OR RETIREMENT PLANNING RESOURCES CAN SIGNIFICANTLY BENEFIT EMPLOYEES.

ERGONOMICS AND WORKPLACE SAFETY: ENSURING A PHYSICALLY SAFE AND ERGONOMICALLY SOUND WORKPLACE IS VITAL FOR PREVENTING INJURIES AND PROMOTING EMPLOYEE WELL-BEING. THIS INCLUDES PROVIDING ERGONOMIC WORKSTATIONS, PROMOTING PROPER LIFTING TECHNIQUES, AND ADDRESSING WORKPLACE HAZARDS.

EMPLOYEE ASSISTANCE PROGRAMS (EAPs): THESE CONFIDENTIAL PROGRAMS OFFER EMPLOYEES ACCESS TO COUNSELING, SUPPORT, AND RESOURCES FOR PERSONAL AND PROFESSIONAL CHALLENGES, RANGING FROM FAMILY ISSUES TO SUBSTANCE ABUSE.

THE TANGIBLE AND INTANGIBLE BENEFITS OF AN EMPLOYEE WELLNESS PROGRAM

INVESTING IN AN EMPLOYEE WELLNESS PROGRAM OFFERS A MULTITUDE OF BENEFITS, IMPACTING BOTH THE BOTTOM LINE AND THE OVERALL WORK ENVIRONMENT.

TANGIBLE BENEFITS:

REDUCED HEALTHCARE COSTS: HEALTHIER EMPLOYEES LEAD TO LOWER HEALTHCARE CLAIMS AND INSURANCE PREMIUMS.

INCREASED PRODUCTIVITY AND ENGAGEMENT: HEALTHIER EMPLOYEES ARE MORE FOCUSED, PRODUCTIVE, AND ENGAGED IN THEIR WORK.

REDUCED ABSENTEEISM AND PRESENTEEISM: FEWER SICK DAYS AND IMPROVED PERFORMANCE FROM THOSE WHO COME TO WORK DESPITE FEELING UNWELL.

IMPROVED EMPLOYEE RETENTION: EMPLOYEES VALUE COMPANIES THAT INVEST IN THEIR WELL-BEING, LEADING TO HIGHER RETENTION RATES.

ENHANCED COMPANY REPUTATION AND BRAND: A COMMITMENT TO EMPLOYEE WELL-BEING IMPROVES YOUR COMPANY'S IMAGE AND ATTRACTS TOP TALENT.

INTANGIBLE BENEFITS:

IMPROVED EMPLOYEE MORALE AND JOB SATISFACTION: A SUPPORTIVE AND HEALTHY WORK ENVIRONMENT BOOSTS MORALE AND CREATES A POSITIVE WORK CULTURE.

STRONGER TEAM COHESION: WELLNESS PROGRAMS OFTEN FOSTER TEAMWORK AND CAMARADERIE THROUGH GROUP ACTIVITIES.

INCREASED EMPLOYEE LOYALTY AND COMMITMENT: EMPLOYEES FEEL VALUED AND APPRECIATED, LEADING TO GREATER LOYALTY AND COMMITMENT.

A MORE POSITIVE AND SUPPORTIVE WORK ENVIRONMENT: A CULTURE OF WELL-BEING IMPROVES OVERALL WORKPLACE DYNAMICS.

IMPLEMENTING A SUCCESSFUL EMPLOYEE WELLNESS PROGRAM: STEP-BY-STEP GUIDE

IMPLEMENTING AN EFFECTIVE EWP REQUIRES CAREFUL PLANNING AND EXECUTION. HERE'S A STEP-BY-STEP GUIDE:

1. NEEDS ASSESSMENT: CONDUCT SURVEYS AND FOCUS GROUPS TO UNDERSTAND YOUR EMPLOYEES' NEEDS AND PREFERENCES.
2. PROGRAM DESIGN: BASED ON THE NEEDS ASSESSMENT, DEVELOP A COMPREHENSIVE PROGRAM THAT ADDRESSES KEY AREAS OF WELL-BEING.
3. COMMUNICATION AND ENGAGEMENT: EFFECTIVELY COMMUNICATE THE PROGRAM'S BENEFITS AND ENCOURAGE PARTICIPATION.
4. PROGRAM IMPLEMENTATION: ROLL OUT THE PROGRAM AND PROVIDE ONGOING SUPPORT AND RESOURCES.
5. EVALUATION AND IMPROVEMENT: REGULARLY EVALUATE THE PROGRAM'S EFFECTIVENESS AND MAKE ADJUSTMENTS AS NEEDED.

CONCLUSION: INVESTING IN YOUR EMPLOYEES' WELL-BEING IS AN INVESTMENT IN YOUR BUSINESS'S SUCCESS

UNDERSTANDING THE EMPLOYEE WELLNESS PROGRAM MEANING IS CRUCIAL FOR ANY FORWARD-THINKING BUSINESS. IT'S NOT JUST A TREND; IT'S A STRATEGIC INVESTMENT IN YOUR MOST VALUABLE ASSET – YOUR EMPLOYEES. BY PRIORITIZING THEIR WELL-BEING, YOU CREATE A HEALTHIER, MORE PRODUCTIVE, AND MORE ENGAGED WORKFORCE, LEADING TO SIGNIFICANT IMPROVEMENTS IN BOTH YOUR BOTTOM LINE AND YOUR COMPANY CULTURE. A WELL-DESIGNED AND EFFECTIVELY IMPLEMENTED EMPLOYEE WELLNESS PROGRAM IS A WIN-WIN FOR BOTH EMPLOYEES AND EMPLOYERS.

FAQs

1. WHAT IF MY COMPANY IS SMALL? CAN I STILL IMPLEMENT AN EMPLOYEE WELLNESS PROGRAM? ABSOLUTELY! EVEN SMALL BUSINESSES CAN IMPLEMENT EFFECTIVE PROGRAMS, STARTING WITH SIMPLE INITIATIVES LIKE PROMOTING HEALTHY BREAKS, OFFERING FLEXIBLE WORK ARRANGEMENTS, OR PROVIDING ACCESS TO ONLINE RESOURCES.
1. HOW MUCH DOES AN EMPLOYEE WELLNESS PROGRAM COST? THE COST VARIES GREATLY DEPENDING ON THE PROGRAM'S SCOPE AND OFFERINGS. START WITH A SMALLER, TARGETED PROGRAM AND GRADUALLY EXPAND AS YOUR BUDGET ALLOWS.
1. HOW DO I MEASURE THE SUCCESS OF MY EMPLOYEE WELLNESS PROGRAM? TRACK KEY METRICS SUCH AS HEALTHCARE COSTS, ABSENTEEISM RATES, EMPLOYEE SATISFACTION SCORES, AND ENGAGEMENT LEVELS.
1. WHAT IF MY EMPLOYEES AREN'T INTERESTED IN PARTICIPATING? FOCUS ON COMMUNICATION, HIGHLIGHTING THE BENEFITS, AND OFFERING A VARIETY OF OPTIONS TO CATER TO DIFFERENT INTERESTS AND PREFERENCES. MAKE IT EASY TO PARTICIPATE AND MAKE IT FUN!
1. WHERE CAN I FIND RESOURCES TO HELP ME DESIGN AND IMPLEMENT AN EMPLOYEE WELLNESS PROGRAM? MANY ORGANIZATIONS OFFER RESOURCES AND SUPPORT, INCLUDING THE CDC, SHRM, AND VARIOUS HEALTH INSURANCE PROVIDERS. CONSULT WITH EXPERTS TO TAILOR A PROGRAM TO YOUR SPECIFIC NEEDS.

📖 **employee wellness program meaning:** *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 meaning: *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 meaning: *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 meaning: *Building a Resilient Workforce* Institute of Medicine, Board on Health Sciences Policy, Planning Committee on Workforce Resiliency Programs, 2012-07-18 Every job can lead to stress. How people cope with that stress can be influenced by many factors. The Department of Homeland Security (DHS) employs a diverse staff that includes emergency responders, border patrol agents, federal air marshals, and policy analysts. These employees may be exposed to traumatic situations and disturbing information as part of their jobs. DHS is concerned that long-term exposure to stressors may reduce individual resilience, negatively affect employees' well-being, and deteriorate the department's level of operation readiness. To explore DHS workforce resilience, the Institute of Medicine hosted two workshops in September and November 2011. The September workshop focused on DHS's operational and law enforcement personnel, while the November workshop concentrated on DHS policy and program personnel with top secret security clearances. The workshop brought together an array of experts from various fields including resilience research, occupation health psychology, and emergency response. Building a Resilient Workforce: Opportunities for the Department of Homeland Security: Workshop Summary: Defines workforce resilience and its benefits such as increased operational readiness and long-term cost savings for the specified population; Identifies work-related stressors faced by DHS workers, and gaps in current services and programs; Prioritizes key areas of concern; and Identifies innovative and effective worker resilience programs that could potentially serve as models for relevant components of the DHS workforce. The report presents highlights from more than 20 hours of presentations and discussions from the two workshops, as well as the agendas and a complete listing of the speakers, panelists, and planning committee members.

employee wellness program meaning: *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 meaning: *The Handbook of Wellness Medicine* Waguhi William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

employee wellness program meaning: *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 meaning: *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 meaning: *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 meaning: Presenteeism at Work Cary L. Cooper, Luo Lu, 2018-08-23 Coming to work sick may do more harm than staying home - for the employee, the team, and the firm. Whilst the cost of absenteeism in organizations has been widely acknowledged and extensively examined, the counter-issue of 'presenteeism' has only recently attracted scholarly attention as a phenomenon that harms employee wellbeing, disrupts team dynamism, and damages productivity. This volume brings together leading international scholars from diverse scientific backgrounds, including occupational psychology, health, and medicine, to provide a pioneering review of the subject. International in scope, the collection incorporates both Western and East Asian perspectives, making it an informative resource for multinational companies seeking to formulate human resource strategies and better manage their culturally diverse workforce. It will also appeal to scholars and graduate students researching human resource management, organization studies, organizational health, and organizational psychology.

employee wellness program meaning: *Resilience (HBR Emotional Intelligence Series)* Harvard Business Review, Daniel Goleman, Jeffrey A. Sonnenfeld, Shawn Achor, 2017-04-18 How to be resilient in a professional setting. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes "How Resilience Works," by Diane Coutu; "Resilience for the Rest of Us," by Daniel Goleman; "How to Evaluate, Manage, and Strengthen Your Resilience," by David Kopans; "Find the Coaching in Criticism," by Sheila Heen and Douglas Stone; "Firing Back: How Great Leaders Rebound After Career Disasters," by Jeffrey A. Sonnenfeld and Andrew J. Ward; and "Resilience Is About How You Recharge, Not How You Endure," by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at

work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

employee wellness program meaning: *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 meaning: *Thrive* Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

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

employee wellness program meaning: *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 meaning: *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 meaning: Mental Health Policies and Programmes in the Workplace World Health Organization, 2005 Work substantially contributes to one's identity. It provides income for an individual and their family and gives the feeling of playing a useful role in society. However, the nature of work is changing rapidly and factors such as the globalization of markets, urbanization and migration, and the advancements in information technology are impacting on the nature of work and the health and mental health of employees. This module outlines the types of mental health problems encountered in the workplace, their causes and impact. Importantly, it provides guidance to workplaces on how to develop and implement a workplace mental health policy and strategies to improve the mental health of employees. Also available: WHO Mental Health Policy and Service Guidance Package--14 modules Other modules included in the package: Improving Access and Use of Psychotropic Medicines Child and Adolescent Mental Health Policies and Plans Mental Health Policy, Plans and Programmes. Updated version Mental Health Context Mental Health Financing Advocacy for Mental Health Quality Improvement for Mental Health Organization of Services for Mental Health Planning and Budgeting to Deliver Services for Mental Health Mental Health Legislation and Human Rights Mental Health Information Systems Human Resources and Training in Mental Health Monitoring and Evaluation of Mental Health Policies and Plans

employee wellness program meaning: *An Employee's Guide to Health Benefits Under COBRA*, 2010

employee wellness program meaning: *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 meaning: Next-Generation Wellness at Work Stephenie

Overman, 2009-09-15 Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. Next-Generation Wellness at Work tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

employee wellness program meaning: *Bring Your Human to Work: 10 Surefire Ways to Design a Workplace That Is Good for People, Great for Business, and Just Might Change the World* Erica Keswin, 2018-09-28 WALL STREET JOURNAL BESTSELLER The secret to business success? Get REAL and be HUMAN! As human beings, we are built to connect and form relationships. So, it should be no surprise that relationships must also translate into the workplace, where we spend most of our time! Companies that recognize this will retain the most productive, creative, and loyal employees, and invariably seize the competitive edge. The most successful leaders are those who actively form quality relationships with their employees, who honor fundamental human qualities—authenticity, openness, and basic politeness—and apply them day in and day out. Paying attention and genuinely caring about the effects people have on one another is key to developing a winning culture where people perform at the top of their game and want to work. As a workplace strategist and business coach, Erica Keswin has spent over 20 years working with top business leaders and executives to build successful organizations that honor relationships. Featuring case studies from top brands such as, Lyft, Starbucks, Mogul, and SoulCycle, to name a few, *Bring Your Human to Work* distills the key practices of the most human companies into applicable advice that any business leader can use to build a “human workplace.” These building blocks include: • Understanding your company’s role in the world, beyond financial profit • Encouraging employees to be healthy in body and spirit • Running your meetings with clear purpose • Making space for face-to-face interaction • Building professional development into company culture • Inspiring your workforce to give back to the community • Simply saying “thank you” A human company is real, genuine, aligned, and true to itself. A real company flaunts its humanity, instead of hiding it. It’s what the most successful, sustainable companies are doing today, and there’s no reason yours can’t be the same. Keswin’s leadership lessons foster fairness, devotion, and joy in the workplace—all critical elements of a successful business. By bringing your human to work, you can design a workplace that is good for people, great for business, and just might change the world.

employee wellness program meaning: *The Truth About Statins* Barbara H. Roberts, 2012-04-24 Discusses the uses, misuses, dangers, and benefits of statin drugs, counseling patients on how to make informed choices about side effects and lifestyle changes that can promote

cardiovascular health.

employee wellness program meaning: *Obesity and Socioeconomic Status in Adults* , 2010

employee wellness program meaning: Financial Peace Dave Ramsey, 2002-01-01 Dave Ramsey explains those scriptural guidelines for handling money.

employee wellness program meaning: 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 meaning: Nurses With Disabilities Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

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Employee Health and Wellbeing Julian Paterson, Workplace Wellness Programs: Promoting Employee Health and Wellbeing is an essential guide for employers and HR professionals seeking to enhance the health and productivity of their workforce. This comprehensive book covers every aspect of designing, implementing, and sustaining effective wellness programs, from physical health initiatives and mental health support to financial wellness and creating a healthy work environment. With practical strategies, real-world case studies, and insights into the latest technology and trends, this book provides the tools and knowledge needed to create a thriving workplace where employees can achieve their best both personally and professionally. Whether you are starting from scratch or looking to improve existing programs, this book is your roadmap to fostering a culture of wellness and success.

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engagement that comes with it--is more important than ever in today's workplace, and she sheds new light on the powerful relationship of happiness to individual, team, and organizational success. Based on extensive research and decades of experience with leaders, this book reveals that people must have three essential elements in order to be happy at work: A sense of purpose and the chance to contribute to something bigger than themselves A vision that is powerful and personal, creating a real sense of hope Resonant, friendly relationships With vivid and moving real-life stories, the book shows how leaders can use these powerful pillars to create and sustain happiness even when they're under pressure. By emphasizing purpose, hope, and friendships they can also ensure a healthy, positive climate for their teams and throughout the organization. How to Be Happy at Work deepens our understanding of what it means to be truly fulfilled and effective at work and provides clear, practical advice and instruction for how to get there--no matter what job you have.

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This book argues that technological developments in the workplace have 'quantified' the modern worker to the detriment of social equality.

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