

how to engage employees in wellness programs

How to Engage Employees in Wellness Programs: A Comprehensive Guide

Introduction:

Are your employee wellness programs gathering dust? Do participation rates feel painfully low, despite your best intentions? You're not alone. Many companies struggle to truly engage employees in wellness initiatives. But a successful wellness program isn't just about offering perks; it's about fostering a culture of health and well-being that resonates with your workforce. This comprehensive guide dives deep into practical strategies to boost engagement, transforming your program from a good intention into a powerful driver of employee health, happiness, and productivity. We'll explore everything from effective communication to personalized incentives, ensuring your wellness program becomes a vibrant part of your company culture.

1. Understanding Your Employees' Needs: The Foundation of Engagement

Before launching (or relaunching) your wellness program, conduct thorough research to understand your employees' specific needs and preferences. Generic programs rarely resonate. Consider these crucial steps:

Surveys and Focus Groups: Gather direct feedback through anonymous surveys and focus groups. Ask about their biggest health concerns, preferred activities, and any barriers preventing them from participating in wellness initiatives.

Analyze Existing Data: Review existing HR data, including sick leave statistics and health insurance claims. This can reveal patterns and highlight areas where a wellness program could have the biggest impact.

Demographic Considerations: Recognize the diverse needs of your workforce. Age, gender, physical abilities, and cultural backgrounds all influence health priorities and preferences. A one-size-fits-all approach is doomed to fail.

Remember, understanding your employees is the cornerstone of crafting a truly engaging wellness program.

2. Crafting a Compelling Communication Strategy

Even the best wellness program will falter without effective communication. Don't just announce it;

actively promote it!

Multiple Channels: Utilize various communication channels – emails, intranet announcements, posters, team meetings, and even social media (if appropriate) – to reach employees across different departments and work styles.

Highlight the Benefits: Clearly communicate the tangible benefits of participating, such as reduced stress, improved energy levels, and potential cost savings through health insurance discounts. Use compelling visuals and storytelling to connect emotionally with employees.

Regular Updates and Reminders: Don't let your wellness program become invisible. Send regular updates, highlight success stories, and remind employees of upcoming events or challenges.

Champion Internal Advocates: Identify and empower employees who are passionate about wellness to act as advocates within their teams. Peer influence can be incredibly powerful.

3. Personalization and Choice: The Key to Engagement

One-size-fits-all wellness programs are rarely successful. Offer a range of options to cater to diverse interests and fitness levels.

Diverse Activities: Include a mix of activities, such as fitness classes (yoga, Zumba, HIIT), health workshops (nutrition, stress management), team sports, and even mindfulness sessions.

Flexible Participation: Allow employees to participate at their own pace and convenience. Offer both in-person and virtual options to accommodate different schedules and preferences.

Personalized Recommendations: Leverage technology to offer personalized recommendations based on individual needs and goals. Many wellness platforms can track progress and suggest relevant activities.

Gamification and Incentives: Introduce gamified elements, such as points, badges, and leaderboards, to boost engagement and friendly competition. Offer rewards for participation and achieving milestones.

4. Creating a Supportive and Inclusive Culture

A truly engaging wellness program requires a supportive environment that encourages healthy habits.

Leadership Buy-in: Secure visible support from senior leadership. Their active participation and endorsement send a powerful message to employees.

Managerial Support: Train managers to encourage and support their team members' participation in the wellness program. They play a crucial role in fostering a culture of well-being.

Flexible Work Arrangements: Where possible, offer flexible work arrangements to help employees manage their work-life balance and prioritize their health.

Mental Health Focus: Address mental health alongside physical well-being. Provide resources and support for employees struggling with stress, anxiety, or depression.

5. Measuring Success and Making Adjustments

Don't just launch your program and forget about it. Regularly track key metrics to assess its effectiveness and make necessary adjustments.

Participation Rates: Monitor participation rates across different activities and demographics. Identify areas where engagement is low and investigate the reasons.

Employee Feedback: Regularly collect feedback through surveys and focus groups to understand employee satisfaction and identify areas for improvement.

Health Outcomes: Track relevant health metrics, such as blood pressure, weight, and stress levels, to assess the program's impact on employee health.

Return on Investment (ROI): Measure the program's ROI by considering factors like reduced healthcare costs, increased productivity, and improved employee retention.

Conclusion:

Engaging employees in wellness programs requires a multifaceted approach. By understanding your employees' needs, crafting a compelling communication strategy, personalizing the program, creating a supportive culture, and consistently measuring success, you can transform your wellness initiative from a passive offering into a powerful driver of employee well-being and organizational success. Remember, it's an ongoing process, requiring continuous evaluation and adaptation to ensure it remains relevant and engaging for your workforce.

FAQs:

1. What if my employees don't seem interested in traditional wellness activities? Explore alternative options like mindfulness sessions, stress-management workshops, or financial wellness programs. Tailor activities to address their specific needs and interests.

1. How can I address budget constraints when implementing a wellness program? Start small with a pilot program targeting a specific department or demographic. Gradually expand the program as resources allow. Leverage free or low-cost resources like online fitness videos or walking groups.

1. How do I ensure privacy and confidentiality within the wellness program? Clearly communicate your privacy policy and data protection measures. Ensure all data collected is handled securely and

anonymously.

1. How can I encourage participation from employees who work remotely? Offer virtual wellness activities, online challenges, and virtual team-building opportunities. Utilize technology to connect remote employees and foster a sense of community.
1. What if my wellness program isn't seeing immediate results? Be patient and persistent. Building a culture of wellness takes time. Continuously evaluate the program, gather feedback, and make necessary adjustments to improve engagement and achieve better outcomes.

how to engage employees in wellness programs: *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.

how to engage employees in wellness programs: *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.

how to engage employees in wellness programs: The Culprit & the Cure Steven G.

Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

how to engage employees in wellness programs: 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.

how to engage employees in wellness programs: All In Josh Levs, 2015-05-12 When

journalist Josh Levs was denied fair parental leave by his employer after his child was born, he fought back—and won. Since then, he's become an advocate for modern families and working fathers. In All In, he explores the changing face of fatherhood and what it means for our individual lives, families, workplaces, and society. Fatherhood today is far different from previous generations. Stay-at-home dads are increasingly common, and growing numbers of men are working part-time or flextime schedules to spend more time with their children. Even the traditional breadwinner-dad is being transformed. Dads today are more emotionally and physically involved on the home front. They are "all in" and—like mothers—they are struggling with work-life balance and doing it all. Journalist and "dad columnist" Josh Levs explains that despite these unprecedented changes, our laws, corporate policies, and gender-based expectations in the workplace remain rigid. They are preventing both women and men from living out the equality we believe in—and hurting businesses in the process. Women have done a great job of speaking out about this, Levs—whose fight for parental leave made front page news across the country—argues. It's now time for men to join in. Combining Levs' personal experiences with investigative reporting and frank conversations with fathers about everything from work life to money to sex, All In busts popular myths, lays out facts, uncovers the forces holding all of us back, and shows how we can all join together to change them.

how to engage employees in wellness programs: 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.

how to engage employees in wellness programs: 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.

how to engage employees in wellness programs: *Young Adults in the Workplace* Jeremy W. Bray, Deborah M. Galvin, Laurie A. Cluff, 2011-02-28 The Substance Abuse and Mental Health Services Administration funded the multisite Young Adults in the Workplace (YIW) initiative to study the effectiveness of diverse approaches to workplace-based prevention of substance abuse. Six teams adapted evidence-based programs to target young employees and then implemented the programs in retail, restaurant, health care, construction, skilled trade, and transportation industry workplaces. This book describes the programs, the adaptation and implementation processes, and the YIW cross-site evaluation.

how to engage employees in wellness programs: *Leadership Girl* Haley Lynn Gray, 2016-01-05 *Leadership Girl - Empowering Women Entrepreneurs to Achieve Extraordinary Results by Capturing Massive Sales* was written to help give small business owners the information that they need to grow their businesses. Techniques include marketing and sales both online and offline. This book focuses on teaching the specific skills that you need to grow your business.

how to engage employees in wellness programs: *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.

how to engage employees in wellness programs: *The Designing for Growth Field Book* Jeanne Liedtka, Tim Ogilvie, 2019-04-30 *Designing for Growth: A Design Thinking Tool Kit for Managers* (D4G) showed how organizations can use design thinking to boost innovation and drive growth. This updated and expanded companion guide is a stand-alone project workbook that provides a step-by-step framework for applying the D4G tool kit and process to a particular project, systematically explaining how to address the four key questions of the design thinking approach. In the field book, Jeanne Liedtka, Tim Ogilvie, and Rachel Brozenske guide readers through the design process with reminders of key D4G takeaways as they progress. Readers learn to identify an opportunity, draft a design brief, conduct research, establish design criteria, brainstorm, develop concepts, create napkin pitches, make prototypes, solicit feedback from stakeholders, and run

learning launches. This second edition is suitable for projects in business, nonprofit, and government contexts, with all-new tools, practical advice, and facilitation tips. A new introduction discusses the relationship between strategy and design thinking.

how to engage employees in wellness programs: *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.

how to engage employees in wellness programs: *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.

how to engage employees in wellness programs: *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

how to engage employees in wellness programs: Workplace Wellness Programs: Promoting 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.

how to engage employees in wellness programs: The Game of Work Charles A. Coonradt, Lee Nelson, 2007 Since its original printing in 1984, The Game of Work helped thousands of companies and hundreds of thousands of managers and employees experience increased job enjoyment while producing extraordinary results. The Game of Work examines the question of why people work harder at sports and recreation than they do on the job and uses these as metaphors for inspirational leadership strategies. Corporations worldwide have enjoyed the increased productivity, employee satisfaction and motivation, and bottom-line profits by implementing the concepts taught in The Game of Work. As qualified people become increasingly difficult to attract and retain, the implementation of the five principles in this book is the one key factor to improving results, retention, and recruitment. Five principles of The Game of Work: Frequent feedback; Better scorekeeping; Clearly defined goals; Consistent coaching; A higher degree of personal choice.

how to engage employees in wellness programs: 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.

how to engage employees in wellness programs: 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.

how to engage employees in wellness programs: Understanding Change Linda Holbeche, 2007-06-07 Change is now so commonplace that people no longer talk in terms of the whitewater epoch. Every sector of the economies of the developed world has experienced huge swathes of change in the last decade of the twentieth century alone. Increased global competition, aided and abetted by technological advances, has led many organizations to seek to re-invent themselves in the hope of being able to survive and thrive. In mature sectors in particular, where the pace of consolidation is accelerating, organizations have had little option but to grow through acquisition or be absorbed. Whether the change is labelled continuous process improvement, restructuring, downsizing or re-engineering, to employees, change usually brings with it added pressures, job insecurity and a consequent loss of commitment to the organization. Understanding Change: theory, implementation and success argues that strategic change in the new millennium will be geared increasingly to achieving sustainable high performance, rather than just short-term gains. Most theorists now agree that the real challenge of change lies in gaining employees willingness to commit to the change effort. Change leaders at every level need to be able to understand the elements at work in any change process, and to use judgement about the style of leadership required to give the change effort the best chance of success. Understanding Change: theory, implementation and success provides an overview of change and organizational theory, leading in particular to the authors definition of the input elements of the high performance organisation, based on extensive research into UK and international organisations. It also contains a section looking at the management of change, with case studies illustrating approaches to managing change which are conducive to achieving sustainable high performance. In her companion book, The High Performance Organization- creating dynamic stability, the author explores some of the how tos of building an organizational culture which is supportive of high performance in todays challenging environment.

how to engage employees in wellness programs: The Whole-Person Workplace Scott Behson, 2021-03 The Whole-Person Workplace helps you craft a custom-fit solution that will unlock your workplace's potential by valuing your employees as whole people.

how to engage employees in wellness programs: Workplace Ostracism Cong Liu, Jie Ma, 2021-01-04 Workplace mistreatment is a burgeoning topic of interest, with the majority of workers having experienced it in some form. This book explores workplace ostracism and its negative effects on employee and organizational outcomes, such as employee attitudes, behaviors, and well-being. This edited volume defines workplace ostracism and examines how to differentiate ostracism from other type of workplace mistreatment, such as workplace incivility and interpersonal conflict. Among the questions it seeks to answer are: 1) what are the individual, relational, and contextual factors that influence employees' workplace ostracism experiences; and 2) what constitutes ostracism in stigmatized populations, such as international students, immigrant workers, and older workers. Researchers in organizational behavior, I/O psychology, and the sociology of work will find this book to be a valuable resource.

how to engage employees in wellness programs: 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.

how to engage employees in wellness programs: Time Smart Ashley Whillans, 2020-10-06 There's an 80 percent chance you're poor. Time poor, that is. Four out of five adults report feeling that they have too much to do and not enough time to do it. These time-poor people experience less joy each day. They laugh less. They are less healthy, less productive, and more likely to divorce. In one study, time stress produced a stronger negative effect on happiness than unemployment. How can we escape the time traps that make us feel this way and keep us from living our best lives? Time Smart is your playbook for taking back the time you lose to mindless tasks and unfulfilling chores. Author and Harvard Business School professor Ashley Whillans will give you proven strategies for improving your time affluence. The techniques Whillans provides will free up seconds, minutes, and hours that, over the long term, become weeks and months that you can reinvest in positive, healthy activities. Time Smart doesn't stop at telling you what to do. It also shows you how to do it, helping you achieve the mindset shift that will make these activities part of your everyday regimen through assessments, checklists, and activities you can use right away. The strategies Whillans presents will help you make the shift to time-smart living and, in the process, build a happier, more fulfilling life.

how to engage employees in wellness programs: How to Be Happy at Work Annie McKee, 2018-08-21 Life's too short to be unhappy at work I'm working harder than I ever have, and I don't know if it's worth it anymore. If you're a manager or leader, these words have probably run through your mind. So many of us are feeling fed up, burned out, and unhappy at work: the constant pressure and stress, the unending changes, the politics--people feel as though they can't give much more, and performance is suffering. But it's work, after all, right? Should we even expect to be fulfilled and happy at work? Yes, we should, says Annie McKee, coauthor of the bestselling *Primal Leadership*. In her new transformative book, she makes the most compelling case yet that happiness--and the full 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.

how to engage employees in wellness programs: Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National

Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

how to engage employees in wellness programs: *The Burnout Epidemic* Jennifer Moss, 2021-09-28 Named one of 10 Best New Management Books for 2022 by Thinkers50 Named to the shortlist for the 2021 Outstanding Works of Literature (OWL) Award in the Management & Culture Category In this important and timely book, workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces. We tend to think of burnout as a problem we can solve with self-care: more yoga, better breathing techniques, and more resilience. But evidence is mounting that applying personal, Band-Aid solutions to an epic and rapidly evolving workplace phenomenon isn't enough—in fact, it's not even close. If we're going to solve this problem, organizations must take the lead in developing an antiburnout strategy that moves beyond apps, wellness programs, and perks. In this eye-opening, paradigm-shifting, and practical guide, Jennifer Moss lays bare the real causes of burnout and how organizations can stop the chronic stress cycle that an alarming number of workers suffer through. *The Burnout Epidemic* explains: What causes burnout—and what organizations can do to prevent it Why traditional wellness initiatives fall short How companies can build an antiburnout strategy based on prevention, not perks How leaders can measure burnout in their own organizations What leaders can do to develop a healthier culture that prioritizes resilience and curiosity As the pandemic has shown, self-care is important, but it's not a cure-all for burnout. Employers need to do more. With fascinating research, new findings from the pandemic, and interviews with business leaders around the globe, *The Burnout Epidemic* offers readers insightful and actionable advice that will empower them to help themselves—and their employees—feel healthier and happier at work.

how to engage employees in wellness programs: Management Techniques for Employee Engagement in Contemporary Organizations Sharma, Naman, Chaudhary, Narendra, Singh, Vinod Kumar, 2019-02-15 Engaged employees are assets to every company because they are not only more productive but are also open to new ideas and technologies that often lead to significant business outcomes. Businesses need to establish credible antecedents to employee engagement based on their own culture and needs to develop a pool of highly engaged employees. *Management Techniques for Employee Engagement in Contemporary Organizations* provides theoretical frameworks and the latest empirical research findings on management strategies for the promotion, adoption, and implementation of work engagement policies. The content within this publication examines gamification, employee engagement, and management techniques and is designed for academicians, managers, business professionals, human resources officers, policymakers, and researchers.

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how to engage employees in wellness programs: Gamification at Work Janaki Mythily Kumar, Mario Herger, 2013 Gamification is becoming a common buzzword in business these days. In its November 2012 press release, Gartner predicts that by 2015, 40% of Global 1000 organizations will use gamification as the primary mechanism to transform business operations. In the same report, they also predict that by 2014, 80% of current gamified applications will fail to meet business objectives, primarily due to poor design. What is gamification? Does it belong in the workplace? Are there design best practices that can increase the efficacy of enterprise gamification efforts? Janaki Kumar and Mario Herger answer these questions and more in this book *Gamification @ Work*. They caution against taking a chocolate covered broccoli approach of simply adding points and badges to business applications and calling them gamified. They outline a methodology called Player Centered Design which is a practical guide for user experience designers, product managers and developers to incorporate the principles of gamification into their business software. Player Centered Design involves the following five steps: 1. Know your player 2. Identify the mission 3. Understand human motivation 4. Apply mechanics 5. Manage, monitor and measure Kumar and Herger provide examples of enterprise gamification, introduce legal and ethical considerations, and provide pointers to other resources to continue your journey in designing gamification that works! Keywords: Gamification, Enterprise Gamification, Gamification of business software, enterprise software, business software, User experience design, UX, Design, Engagement, Motivation.

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