

# wellness programs for employees examples

## Wellness Programs for Employees: Examples That Actually Work

Are you tired of seeing disengaged employees? Do you want to boost morale, improve productivity, and reduce healthcare costs? Then it's time to seriously consider implementing a robust wellness program for your employees. This isn't just about offering a gym membership; it's about creating a holistic approach to well-being that impacts every aspect of your workforce's lives. This post dives into practical examples of successful employee wellness programs, providing actionable insights you can adapt to your own company culture. We'll explore diverse strategies, covering everything from financial wellness to mental health support, so you can build a program that truly resonates with your team.

### Why Invest in Employee Wellness Programs?

Before we jump into specific examples, let's quickly recap the compelling reasons why investing in employee wellness is a smart business decision. Beyond the humanitarian aspects of caring for your employees' well-being, there are significant tangible benefits:

**Increased Productivity and Engagement:** Healthier employees are happier and more productive. A wellness program can foster a more positive work environment, leading to increased output and fewer sick days.

**Reduced Healthcare Costs:** By promoting healthy habits, you can minimize employee healthcare claims, resulting in significant cost savings for your company.

**Improved Employee Retention:** Employees who feel valued and supported are more likely to stay with your company. A strong wellness program demonstrates your commitment to their well-being.

**Enhanced Company Reputation:** A company known for its commitment to employee wellness attracts top talent and builds a positive brand image.

**Stronger Team Cohesion:** Many wellness programs incorporate team-building activities, fostering camaraderie and improving collaboration.

### Wellness Programs for Employees: Examples Across Different Categories

Now, let's explore various examples of employee wellness programs, categorized for clarity:

#### 1. Physical Wellness Programs:

**On-site Gym or Fitness Subsidies:** Providing access to a gym or offering subsidies for gym memberships is a classic approach. Consider adding group fitness classes (yoga, Zumba, etc.) to encourage participation.

**Wellness Challenges:** Organize fun, engaging challenges like step count competitions, healthy eating challenges, or team sports tournaments. Gamification can significantly boost participation.

**Ergonomic Assessments and Support:** Invest in ergonomic assessments to ensure employees have properly adjusted workstations to prevent injuries and discomfort. Provide resources like adjustable chairs, standing desks, and ergonomic keyboards.

**Health Screenings and Biometric Data Tracking:** Offer free or subsidized health screenings (blood pressure, cholesterol, etc.) and encourage employees to track their biometric data. This promotes proactive health management.

## 1. Mental Wellness Programs:

**Employee Assistance Programs (EAPs):** EAPs provide confidential counseling and support services for employees dealing with stress, anxiety, depression, or other mental health challenges.

**Mindfulness and Meditation Programs:** Offer workshops or online resources on mindfulness and meditation techniques to help employees manage stress and improve mental clarity.

**Stress Management Workshops:** Conduct workshops focused on stress management techniques, including time management, relaxation exercises, and healthy coping mechanisms.

**Mental Health Awareness Campaigns:** Raise awareness about mental health issues through educational materials, workshops, and open discussions. Destigmatize mental health concerns within the workplace.

## 1. Financial Wellness Programs:

**Financial Literacy Workshops:** Offer workshops on budgeting, saving, investing, and debt management to empower employees to improve their financial well-being.

**Retirement Planning Assistance:** Provide resources and guidance on retirement planning, including access to financial advisors.

**Student Loan Repayment Assistance:** Offer programs to help employees manage their student loan debt, a significant source of stress for many.

## 1. Social Wellness Programs:

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

**Social Clubs and Interest Groups:** Encourage the formation of social clubs and interest groups based on shared hobbies and interests.

**Volunteer Opportunities:** Provide opportunities for employees to volunteer in the community, promoting social responsibility and team bonding.

**Regular Social Gatherings:** Organize casual social gatherings, like coffee breaks, team lunches, or after-work events, to encourage informal interaction.

## 1. Personalized Wellness Programs:

This approach emphasizes individual needs and preferences. Consider offering a range of options and allowing employees to customize their wellness journey based on their specific goals and interests. This personalized approach can lead to greater engagement and better results. For example, offering a points-based system where employees can select different wellness activities that fit their needs is a good example.

## Implementing Your Wellness Program: Key Considerations

Before launching your program, consider the following:

**Employee Feedback:** Gather input from employees to understand their needs and preferences. What kind of wellness programs would they find most valuable?

**Budget Allocation:** Determine how much you can realistically invest in your wellness program.

**Program Measurement:** Establish metrics to track the success of your program, such as participation rates, employee satisfaction, healthcare cost savings, and productivity improvements.

**Communication:** Effectively communicate the program details to employees and encourage participation.

**Ongoing Evaluation and Adjustment:** Regularly evaluate the program and make adjustments based on employee feedback and performance data.

## Conclusion

Investing in employee wellness is an investment in your company's future. By implementing a comprehensive wellness program with a range of options catering to different needs, you can create a healthier, happier, and more productive workforce. Remember to tailor your program to your specific company culture and employee demographics for maximum impact. The examples provided here serve as a starting point; let your creativity and your employees' input guide you in building a truly effective and impactful wellness initiative.

## FAQs

1. How much does it cost to implement a wellness program? The cost varies greatly depending on the scale and scope of your program. Start small and gradually expand as your budget allows. Consider focusing on cost-effective initiatives like mindfulness workshops or health screenings before investing in expensive on-site facilities.
1. How do I measure the success of my wellness program? Track key metrics such as participation rates, employee feedback (surveys, focus groups), absenteeism rates, healthcare cost savings, and employee productivity.

1. What if my employees aren't interested in participating? Promote the program actively, highlight the benefits, and gather feedback to understand why participation is low. Offer incentives, personalize the program, and make it accessible and convenient.
  
1. Can a small business implement a wellness program? Absolutely! Even small businesses can implement effective, cost-effective wellness programs. Start with simple initiatives like flexible work arrangements, providing healthy snacks, or promoting walking meetings.
  
1. What if I don't have the resources for an on-site gym or fitness center? Focus on other cost-effective options like subsidized gym memberships, online fitness classes, walking challenges, or ergonomic assessments. Creativity is key!

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees examples: 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.

**wellness programs for employees examples: The Governor's Council on Physical Fitness**

United States. President's Council on Physical Fitness & Sports, 1972

**wellness programs for employees examples: Fostering Wellness in the Workplace**

Bobbi L. Newman, 2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care;

real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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

**wellness programs for employees 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.

**wellness programs for employees examples:** The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's

also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees examples: 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees 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.

**wellness programs for employees examples:** Built to Thrive Cristina Banks, Isabelle Thibau, Caitlin DeClercq, Gretchen Gscheidle, Sally Augustin, Galen Cranz, John Swartzberg, Kevin Kelly, Gervais Tompkin, Anthony Ravitz, 2019-08-05 The Science to Practice Series: Issue 1

**wellness programs for employees examples:** Head Start Program Performance Standards United States. Office of Child Development, 1975

**wellness programs for employees examples:** White Awareness Judy H. Katz, 1978 Stage 1.

**wellness programs for employees examples: Mental Health, Substance Use, and Wellbeing in Higher Education** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festered systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. Mental Health, Substance Use, and Wellbeing in Higher Education lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

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**wellness programs for employees examples: Overload** Erin L. Kelly, Phyllis Moen, 2021-10-05 Why too much work and too little time is hurting workers and companies—and how a proven workplace redesign can benefit employees and the bottom line Today's ways of working are not working—even for professionals in good jobs. Responding to global competition and pressure from financial markets, companies are asking employees to do more with less, even as new technologies normalize 24/7 job expectations. In Overload, Erin Kelly and Phyllis Moen document how this new intensification of work creates chronic stress, leading to burnout, attrition, and underperformance. Flexible work policies and corporate lip service about work-life balance don't come close to fixing the problem. But this unhealthy and unsustainable situation can be changed—and Overload shows how. Drawing on five years of research, including hundreds of interviews with employees and managers, Kelly and Moen tell the story of a major experiment that they helped design and implement at a Fortune 500 firm. The company adopted creative and practical work redesigns that gave workers more control over how and where they worked and encouraged managers to evaluate performance in new ways. The result? Employees' health,

well-being, and ability to manage their personal and work lives improved, while the company benefited from higher job satisfaction and lower turnover. And, as Kelly and Moen show, such changes can—and should—be made on a wide scale. Complete with advice about ways that employees, managers, and corporate leaders can begin to question and fix one of today's most serious workplace problems, *Overload* is an inspiring account about how rethinking and redesigning work could transform our lives and companies.

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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.

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Ellen Copeland, 2003

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**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.

**wellness programs for employees examples:** *The Employee Wellbeing Handbook: A Guide for Collaboration Across All Departments, Benefit Vendors, and Health Practitioners to Build a Culture of Well* 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!

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Sustainable Change provides the latest evidence-based information needed to create and maintain a successful holistic wellness program. As change agents, members of the wellness team are charged with developing creative strategies that inspire, engage, and initiate positive behavior-change. Transforming Workplace Wellness equips teams to be creative in their methodology and combine winning content with engaging events. The result is an immensely readable book that provides innovative content and practical takeaways for today's wellness programs. It offers a practical, mainstream approach that will appeal to a broad range of professionals who can benefit from reading this book, regardless of the size of their organization or industry. In addition to expanding on the methodology and business processes, Transforming Workplace Wellness Programs includes: Evidence-based strategies to motivate and engage employees and assist teams who are developing a new program as well as those who want to incorporate fresh ideas to an existing program Program components, incentives, coaching, work-flow, and data evaluation to improve performance of interventions 101 low-to-no-cost ideas to support and promote a strategy for organizational effectiveness and economic resilience plus an index of resources

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