



Melissa Hughes

Director, Strategic Health Solutions
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Melissa Hughes, an expert in employee wellness and HR, is dedicated to improving workplaces and well-being, bringing 25 years of experience in fostering healthier environments.

Melissa Hughes, Director of Health Solutions at People Corporation, leads workplace wellness consulting initiatives, developing programs to engage employees and raise awareness of health benefits. She specializes in strategic health consulting, including wellness audits, drug utilization reviews, and mental health training, focusing on data-driven metrics and best practices in corporate wellness. Her expertise in digital health tools and behavior change platforms enhances her ability to create effective wellness solutions. Melissa has delivered over 500 presentations on workplace wellness strategies and benefits trends. She works with high-risk industries such as construction, mining, gas, and environmental sectors, as well as first responders, addressing their unique challenges.

Beyond her career, Melissa volunteers as a crisis responder for the Halton Regional Police Services, reflecting her dedication to both workplace and community well-being.