A WORKPLACE WELLNESS MAKEOVER TOOL KIT

SIMPLIFY AND TAILOR MESSAGES to employees in specific categories such as health status and stage of life.

LEARN MORE FROM INTERNATIONAL FOUNDATION RESOURCES

www.ifebp.org

CHALLENGE YOUR EAP to step up, customize and deliver results.

EXPAND YOUR LEADERSHIP’S UNDERSTANDING of the business impact of health and well-being on the organization.

REVIEW THE RESEARCH

Health and Wellness Perks Offered

- 83% EAPs
- 77% Flu Shot Programs
- 60% Health Risk Assessment
- 45% Health Coaching
- 41% Onsite Fitness Centers or Subsidized Fitness Programs
- 39% Weight Management Programs

REMOVE BARRIERS TO ENGAGEMENT

Why Employees Dislike Wellness Programs and How to Change Their Mind-set

What’s Working (and What’s Not Working) in Financial Wellness programs!

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BOOST PARTICIPATION AND ENGAGEMENT

ADD a little something for everyone!

15 technology trends that can elevate your wellness program