

# May 15 – Corporate Wellness Programs and Challenges



**Date:** May 15

**Time:** 9:00am – 10am PST

**Speaker:** Robin Bender, Mega Health at Work Inc.

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**Topic:**

## **Implemented Programs:**

**Physical Fitness:** Gym memberships, onsite classes (yoga, Zumba, Pilates), and company sports teams.

**Nutrition:** Resources, workshops, and consultations with nutritionists to promote healthy eating habits.

**Mental Health:** Counseling, stress management workshops, mindfulness sessions, and mental well-being apps.

**Smoking Cessation:** Support and resources for quitting smoking, including counseling and nicotine replacement therapy.

**Financial Wellness:** Workshops and resources on budgeting, saving, investing, and debt management.

**Work-Life Balance:** Flexible schedules, telecommuting, and parental leave policies.

**Ergonomics & Safety:** Ergonomic assessments, adjustable workstations, furniture, and safety training.

**Health Challenges:** Competitions like step and weight loss challenges with incentives.

**Employee Assistance (EAPs):** Confidential counseling and support services for personal or work-related issues.

**Success Rating:** The average success rating of these programs is 5.7 out of 10.

## **Challenges:**

**Engagement:** Difficulty in engaging a majority of employees despite regular

participation from some.

**Buy-in Across Divisions:** Lack of consistent support and participation across different departments and locations.

**Engaging Remote Employees:** Challenges in involving remote workers in wellness initiatives.

**Targeting Initiatives:** Difficulty in directing programs to those who would benefit most.