



Wellness Pathways

Is a Wellness Program a Fit For Your Business?

Wellness programs come in all sizes from large corporate fitness centers to personal wellness coaches and case management of at risk employees, or to providing wellness classroom education. Determining what is the right fit and how to design a program depends on a number of factors.

Take a few moments to consider the following questions developed to help you consider if a wellness program would be beneficial for your business.

1. What benefits could you expect from a wellness program and what would be the potential value of health promotion to your business?
2. Would a wellness program align with your short and long term strategic priorities?
3. Would there be buy-in by senior leaders, management, unions and employees?
4. What information/data do you have that indicates what the business needs from of a wellness program? What the employees need? For example: absenteeism rates, workers comp claims, health screenings etc.
5. If you decide to provide an effective wellness program, will it remain a funding priority over time?
6. Will you personally participate in the program that you offer?
7. Would wellness and health promotion become part of the culture of the business such that your business environment supports and promotes wellness principles and values internally as well as with your customers?

8. Would you be willing to make workplace changes in order to create an environment that supports a healthy lifestyle?
9. Does how you conduct business allow for employees to take time during the workday to attend educational programs?
10. How will you reward or incentivize employee wellness efforts?

To learn more about the types of wellness programs available; obtain information about what we offer, or to schedule a phone or face to face consultation, contact Leslie Lovejoy, Ph.D. at (707) 350-1084 or at leslie@wellness-pathways.com