

Small Business Wellness Program Toolkit

Implementing a worksite wellness program can be beneficial in many ways to your employees and business. A comprehensive wellness program can increase productivity, foster enhanced social connections, minimize absenteeism, help attract and retain talent, as well as increase overall well-being. Independent Health has created a small business wellness program toolkit to help your employees create a healthy lifestyle and achieve their health and wellness goals. Employees of all fitness levels will have access* to the following digital tools, presentations and programs:

- **Independent Health's FitWorks®**, an online wellness tool that can help employees set and achieve wellness goals.
- **4 Pre-recorded Educational Presentations** on a variety of well-being topics of interest to your team. Contact your Account Manager to review available presentations.
- **5 Wellness Programs**, which can be completed at work or home:
 - » **Desk to 5k** – This program will help employees step away from the desk and get walking and running toward the starting line. Includes a customizable eight-week training guide to keep employees on track and motivated.
 - » **Nutrition Calendar** – Employees receive a nutrition calendar filled with activities that teach new recipes, increase overall well-being and create long-lasting healthy habits.
 - » **Rest, Revive & Recharge** – Improving focus, creativity and productivity starts with a good night's sleep. This challenge helps employees track and understand their sleeping patterns as they work toward improved health and the many benefits achieved through a proper amount of sleep.
 - » **Stress Less** – A seven-week challenge that helps employees practice different weekly stress-reducing techniques, handle stress and improve their overall well-being.
 - » **Seasonal Bucket List** – This program provides employees with a seasonal bucket list filled with challenging adventures to complete. Bucket lists can be provided for spring/summer and fall/winter.
- **Healthy Living Tips & Guidelines** – Independent Health offers a [wide range of healthy living resources](#) on topics that include preventive care, weight management, immunizations, quitting smoking, high blood pressure and more.



Wellness Champion

We recommend designating a Wellness Champion within your organization to facilitate these programs. Your champion will have access to communication materials, program tipsheets and a program tracker. Your champion can reach out to your Account Manager with any questions.

Ready to help your employees get and stay healthy? Contact your Account Manager or Wellness Specialist

It's all part of the RedShirt® Treatment

* Access to additional presentations and programs for an additional fee. Additional fees vary. Contact your Independent Health Account Manager.