

Why Wellness?



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INSIGHT FROM A MEMBER OF THE HEALTH AND WELLNESS FIELD

A healthier workforce leads to a higher performing workforce. Healthy, motivated workers are the competitive advantage for companies of the 21st century. With the goals of improving overall employee health and helping the healthy stay healthy, employers will be able to decrease costs connected to short-term disability, worker's compensation, absenteeism, and medical and pharmaceutical costs.

The investment associated with a wellness program is nothing compared to the investment in a sick, low performing workforce. Improving employee health only leads to rewards for both the employer and the employee.

A wellness program should be designed to help keep the healthy, healthy, and to educate and motivate others to improve their health. It should be accessible, doable, educational, and incentivized.

Incentivizing a wellness program shows employees that their employer is invested in his or her health. It shows the commitment that the organization has made to a healthier culture. Incentives will lead employees to become more engaged, and, again, create a stepping stone to an overall healthier culture.

