Employee Wellness Is More Important Than Ever

With COVID-19 and the changes in work and home environments, your employees need your support to feel connected and engaged. Now more than ever it is important to show your employees you care about their well-being—we are here to help you. By simply providing gentle nudges to remind people to do what they already want to do, you can greatly enhance their well-being—making them more productive at home and work, and generally happier with life.

This 90-day COVID-19 wellness program focuses on four dimensions of well-being that can help the most in these stressful times—emotional, social, physical, and occupational. Each month the program gives employees specially selected new habits to practice. To further support employees, unlimited live coaching is available to help them focus their energy and provide guidance to make it happen.

### Emotional
- **MONTH 1**: Healthy Dose
  - Limit your news intake
- **MONTH 2**: Clear Mind
  - Meditate daily
- **MONTH 3**: Be Grateful
  - Keep a gratitude journal

### Social
- **MONTH 1**: Coffee Break
  - Take a break with a coworker
- **MONTH 2**: Ripple Effect
  - Send a positive text message
- **MONTH 3**: Family Tree
  - Talk with 7 family members

### Physical
- **MONTH 1**: Get Out
  - Take a 20-minute walk
- **MONTH 2**: 1000 Strong
  - 1,000 reps
- **MONTH 3**: Snack Attack
  - Don’t eat between meals

### Occupational
- **MONTH 1**: Daily Plan
  - Create a to do list
- **MONTH 2**: Pod Cast
  - Listen to 10 podcasts
- **MONTH 3**: Mail Hold
  - No work emails at night

### Live Coaching
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