



APEX HEALTHY CONNECTS

Top Ten Wellness Tips

Many companies simply do not have the resources to create an extensive wellness program. However, helping employees make healthier choices is still possible and should be important because wellness efforts have been proven to:

- Improve company morale and productivity
- Reduce overall health care costs.
- Retain and attract employees.
- Reduce absenteeism
- Creates a culture that motivates employees to take more of an active role in their healthcare.

Though your organization may not be able to fund a comprehensive wellness program, you can implement some low- or even no-cost activities to improve the overall well-being of your employees.

1. Ask a local hospital, non-profit organization or other health care provider to come and provide presentations to your employees on living healthy lifestyles. I.e. diabetes association, Indiana InShape Program, etc.
2. Explore opportunities to partner with local employers to brainstorm ways to address wellness in the workplace.
3. Create a wellness committee consisting of various employees to lead the effort. Start with simple activities, such as healthy eating days and lunchtime walks.
4. Develop a “Healthy Foods” guidelines for meetings to ensure most food options encourage healthy choices. Many resources available via the internet.
5. Make your workplace smoke-free.
6. Offer on-site flu shots for free or at a reduced cost.
7. Provide healthy vending machine options.
8. Provide physical activity breaks during the day for your employees and encourage them to go outside for a quick run or walk. Encourage taking the stairs instead of the elevator.
9. Provide educational materials about the benefits of healthy eating, exercising, not smoking and other lifestyle changes.
10. Offer all employees access to the **Live Well, Work Well** newsletter (available through your benefits partner) and series along with posters and other communications to support your efforts.

One more tip just for kicks!

11. Contact **Apex Benefits**, your trusted benefits partner, for a variety of wellness tools and resources to benefit your business and your employees! Savings in one program area can help fund new wellness initiatives.