

## BeneFIT<sup>®</sup> Corporate Wellness

### Staying Health During and After COVID-19 (June 2020)



The pandemic has certainly taught us the value of healthy, resilient employees. As we phase back to a “new normal,” it’s important for employers to follow safety protocols as well as emphasize health and well-being to ensure a strong workforce going forward. There are a number of well-being services available virtually to maintain distancing, while still giving employees the opportunity to focus on their health.

Services are geared to address challenges your employees may be facing, such as stress management, work/life balance, staying connected, and eating a healthy diet. They are only worth the investment when they are evidence-based and facilitated by certified professionals who are experienced at designing and providing well-being programs. Examples of virtual services that can keep employees on track include:

- **PERSONAL HEALTH COACHING:** Participant-driven, one-on-one coaching sessions.
- **WELLNESS CHALLENGES:** Easy-to-implement tools for creating a sense of connection.
- **WEIGHT MANAGEMENT:** “Worth the Weight” focuses on the cognitive aspects of eating.
- **BENEQUIT TOBACCO CESSATION:** Combines coaching and nicotine replacement therapy.

Now is definitely not the time to delay a commitment to well-being. Consider comprehensive return-to-work and virtual services for your employees. Visit <https://www.populytics.com/return-to-work>, or contact Scott Appnel at 610-751-5145.