10 EASY WAYS
TO INSPIRE WELL-BEING IN THE WORKPLACE

Improving the health and well-being of your business and your employees is our area of expertise. When your employees are physically, emotionally, and socially fit, they're more productive and are absent less often, which helps keep your costs down.

Creating a culture of well-being at work doesn't have to be overwhelming. To help you get started, see our list of recommended steps. If you have questions, please contact your HMSA representative.

1. **Start with Sharecare.**
   We're partnering with Sharecare to offer your employees a convenient and personalized way to improve their health and well-being. Sharecare is a mobile app that gives users access to individually tailored content, health trackers, a provider search tool, and more. One of the app's main features is the RealAge Test®, a health-risk assessment that gives users an estimated age based on their lifestyle, genetics, and medical history.

2. **Encourage your leaders to model well-being.**
   Talk to your company's leaders about setting a good example by taking the stairs instead of the elevator, eating healthy lunches, and organizing standing or walking meetings.

3. **Promote all areas of well-being.**
   Talk to your employees about all areas of well-being – physical, social, financial, community, and sense of purpose. Organize a lunch and learn on an interesting health topic. Your employees can also use Sharecare to read about health topics.

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KEEP WELL-BEING TOP OF MIND

4. **Foster mutual support.**
   As you introduce well-being concepts, ask everyone to support each other's well-being journeys.

5. **Make the healthy choice the easy choice.**
   Provide healthier alternatives at workplace lunches or the lunch room. Replace chips with fruits and soda with water. Designate one day a week as "Fitness Day" and encourage employees to wear workout clothes. They may be more inclined to add more activity to their day.

6. **Bring employees together.**
   Sponsor a book club that meets during lunch. You can even pick a book that's applicable to your organization.

7. **Involve your employees' families and friends.**
   Plan a community volunteer project and invite employees' family members to join.

8. **Step it up with a friendly competition.**
   Host a six-week steps challenge and encourage employees to walk a minimum number of steps each day. The team that achieves the most steps wins a healthy prize and bragging rights. Foster even more involvement by creating a weekly walking club. The Sharecare app can be used to track steps and other health indicators such as stress and sleep.

9. **Keep well-being top of mind.**
   Post well-being resources and encouraging signs in the office. This can include simple signs that promote taking the stairs, joining the office book club, or trying a new exercise.

10. **Give your employees more for their well-being.**
    With HMSA, your employees can talk to a health coach, attend a health education workshop, and more.

To learn more, please visit hmsa.com/well-being.