



TIPS FOR EMPLOYEE WELL-BEING DURING COVID-19

Wellness Tips

Since the COVID-19 pandemic has changed how we are living and working, now more than ever it's important to not lose sight of programs that help to inspire and motivate employees such as your wellness program.

How do you keep your employees healthy, happy and thriving during the pandemic? We have a few tips:

1

Promote the usage of your employee wellness portal to communicate and it is important to communicate often.

2

Provide them with all the health-related support you have to offer, including specific accommodations made for COVID-19 and health plan benefit updates.

3

Remind employees of the importance of taking care of their health and the health of their families. Your EAP program is a great resource.

4

Encourage work-life balance such as sticking to their normal routine, setting up a productive workspace, scheduling breaks, eating healthy and staying active.

5

Now is the perfect time to introduce a team-based virtual challenge. Try mini-challenges focused on physical activity, healthy eating and stress management that can be done anywhere.

6

Educate through webinars and e-learning options to share physical, mental, wellness and COVID-19 tips.

As important news and updates become available, we will continue to update our dedicated COVID-19 page. Please be sure to check out the Employee well-being section that includes video tips, at home exercise videos and more.