

HR Checklist



A 7-Point Checklist For HRs: Incorporating Wellness Into Employee Benefits



Introduction

Employees are the backbone of your organization.

Their well-being is crucial to the success of your business.

When your employees are healthy and happy, they are more productive, engaged, and committed to achieving the organization's goals.

Just like a plant needs water and sunlight to grow and thrive, **your employees need access to proper healthcare to perform at their best.** Providing them with access to mental health counseling, stress management workshops, and healthy food options is like providing them with the essential nutrients they need to grow and flourish.

Neglecting employee well-being is like ignoring a plant. Without proper care and attention, they wither. And that affects performance.

In contrast, a well-cared-for plant blossoms into a beautiful and vibrant addition to any space. Similarly, **a well-cared-for employee flourishes into a valuable asset to your organization, contributing to its growth and success.**

So, let's dive into this **7-point checklist for incorporating wellness into employee benefits.** Your employees are your most valuable resource, and investing in their well-being is an investment in your organization's future.

7 points to consider for building the healthiest team ever



1. Understand your employees' needs:

Consider your employees' unique needs and pain points. **59% of UAE employees are stressed due to work, and 28% report poor work-life balance.** Incorporating wellness benefits such as mental health counseling, stress management workshops, and flexible work hours can go a long way in addressing these concerns.



2. Prioritize preventive care:

By providing benefits such as regular health check-ups, vaccinations, and nutritionist access, you can **help your employees stay healthy and catch potential health problems early.** This can lead to fewer sick days and lower healthcare costs for your organization.



3. Encourage physical activity:

Sedentary lifestyles are a growing concern in UAE. The UAE Council of Medical **Research survey reports 9 out of 10 adults don't meet the recommended physical activity guidelines.** Encouraging physical activity through benefits such as gym memberships, fitness challenges, and yoga classes can improve employee health and boost morale.



4. Offer healthy food options:

The food we eat plays a significant role in our overall health. Healthy food options in the office cafeteria or through subsidized meal plans can **encourage employees to make healthier choices**. This can lead to improved health outcomes and increased productivity levels.



5. Provide mental health support:

Mental health is a growing concern in UAE. A study by the World Health Organization reports that **depression is the leading cause of disability in the country**. Providing counseling sessions, mental health days, and mindfulness workshops will help employees cope with stress and improve their overall well-being.



6. Foster a culture of wellness:

Incorporating wellness into your organization's culture is essential for its success. **Encourage employees to take breaks, prioritize their health, and participate in wellness initiatives**. This can create a positive work environment and improve employee satisfaction.



7. Evaluate the impact of wellness benefits:

It's important to regularly evaluate the impact of your wellness benefits to ensure that they are effective and meet your employees' needs. **Use data such as absenteeism rates, employee satisfaction surveys, and healthcare cost savings**. Assess the impact of your initiatives and make necessary adjustments.

Incorporating wellness into your employee benefits

Wellness rolled into your employee benefits is not just a nice-to-have but **a must-have in today's fast-paced business world**. It's a win-win for both your employees and your organization.

You can create a healthier, happier, and more productive workforce by providing your employees with access to comprehensive healthcare and wellness benefits. But where do you start? **Look no further than Amzo, the ultimate healthcare partner for businesses looking to create high-performing teams.**

Amzo provides **end-to-end healthcare solutions that are tailor-made to meet your organization's and employees' unique needs**. With Amzo, you can rest assured that your employees have access to the best healthcare and wellness benefits available.

Keep your organization from falling behind. Invest in your employees' well-being and partner with Amzo today. Visit <https://www.amzocare.ae/wellness> to learn more and take the first step towards a healthier and more prosperous future.



Stay ahead of the
curve with modern
health benefit