

# Well-being Project Library

## Applied Behavioral Employee Engagement Program

### BENEFITS

#### PROGRAM HIGHLIGHTS

- Projects include all aspects of a healthy lifestyle, including both mental & physical well-being
- Content extends beyond work to home and community, encouraging holistic behavior change
- Platform provides the space to build a community that supports & inspires employees
- Custom projects & actions reflect current corporate initiatives & offerings

#### BUSINESS ALIGNMENT

- Integrate a healthy mindset into all aspects of employees' lives
- Communicate & involve employees to learn about & join corporate wellness initiatives
- Increase employee access to corporate programs, regardless of job function or work environment

#### OPERATIONAL EFFICIENCY

- Improve employee health & productivity
- Achieve efficiencies that save corporate dollars
- Track employee participation & involvement



### Program Overview

WeSpire Well-being Project Library engages employees to adopt healthier lifestyles at home, work and in the community. Through action-based projects, organizations can increase employee retention, satisfaction and health, driving financial results. Project participants are inspired to make positive changes in their health and well-being, enabling employees to become more engaged, and in turn productive, in their work. Along with a vision and strategy to make healthy choices, employees will gain a clear understanding of what they can do to achieve company directives and how it impacts their personal well-being.

WeSpire utilizes the network effect of engagement with custom recommended actions based on employee preferences and allows them to choose how they take action and inspire others to do the same. Drawing on game and social mechanics, the platform provides a space for employees to share tips and motivation, inspiring each other. The ongoing interaction capability of the platform fosters idea sharing and reinforcement of the value it creates.

Combined with achievement recognition and rewards, the action-oriented results provide both employees and business stakeholders the proof that engaging employees in well-being positively impacts the company through inspired leadership, effective communication and innovation.

## WESPIRE PROJECTS

Group together actions around a specific topic or initiative—serving as a “checklist” and “how-to” for making positive impact.

## WESPIRE ACTIONS

Encourage employees to complete single acts—earning points and recording impact. Some actions are repeatable—meaning an employee can complete them multiple times before the action is considered a habit—while others can be completed one time, such as “install a smart thermostat.”

## Project Library Spotlight

### SPOTLIGHT PROJECT: HEALTH & WELLNESS



#### About this project:

Commit to living a healthy and wellness-driven life by joining on this project. From eating right to exercising and eliminating toxins—it all adds up to a healthier and happier you.

#### SAMPLE ACTIONS

- >> Explore the great outdoors
- >> Choose a healthier option for a meal on-the-go
- >> Locate a farmers' market in your area
- >> Unplug your exercise routine today
- >> Plant a vegetable garden this year
- >> Walk or bike to do an errand

## Project Library Spotlight [Continued]

### SPOTLIGHT PROJECT: GOOD EATS



#### About this project:

The food we eat affects the health of the environment, as well as our own personal health. Our bodies thank us when we make health-conscious choices about what to consume. So it's time to get informed and choose good food.

#### SAMPLE ACTIONS

- >> Eat a vegetarian meal
- >> Find a healthy recipe
- >> Buy local produce
- >> Eat a healthy or organic snack
- >> Shop at a farmers' market this week
- >> Share a tip that helped you with this project

### SPOTLIGHT PROJECT: HAPPINESS AT WORK



#### About this project:

Achieving a work life balance is important, but part of that equation should reflect your overall happiness at work. Seeing that we spend nearly a third of our lives working, creating healthy habits, cultivating good relationships with co-workers and making each day an opportunity to have a positive experience is one way to help set you on the path to happiness.

#### SAMPLE ACTIONS

- >> Take five minutes to stretch at your desk
- >> Grab coffee or tea with a co-worker
- >> Take a break & walk outside
- >> Organize a group outing with co-workers
- >> Ask a co-worker for their insight or opinion on a work project