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These days, many companies are offering wellness programs but it gets important to know that what exactly an employee wellness is. It is mainly concerned at maintaining proper health & wellbeing of employees working in an organization.

A majority of employers do not realize that they are paying more amount than required for these programs. Therefore, it gets important that they get to know which scheme will be most beneficial for their employees.

Wellness program helps in boosting health & fitness of an employee thereby boosting his morale which ultimately leads to an increase in workplace productivity. Such programs teach employees as to how they can maintain healthy habits so as to retain overall fitness.

Employers can also introduce onsite fitness club for their workers wherein they can spend free time by doing certain exercises. If this is not possible due to certain reasons, then you can make an offsite partnership with fitness clubs that offer proper trainers. Your organizations workforce can go to these centers during their lunch hours & exercise on a regular basis.

Following section provides detailed advantages of employee wellness programs:

Employee wellness program has shown a tremendous decrease in staff turnover as well as absenteeism. It also reduces cost incurred in healthcare field. All this contributes towards a higher individual productivity which helps in long term profit of an organization.

Its strong & clear motive is to impart a healthy lifestyle into employee's routine and to help them in getting rid of various addictions.

Additionally, these programs reduce overall stress & tensions thereby inculcating healthy worker relationships.

Companies where employees need to sit for long duration in front of a system to complete their routine tasks offer programs that help in reducing muscular strain as well as back problems. In addition to all this, they provide weight loss tips plus regular blood pressure, cholesterol & other similar checkups.

Proper seminars are organized that teach importance of healthy, nutritious diet intake. Hygiene maintenance is also taught which enables work force to preserve healthy surroundings in their office as well as home.

For further motivating your employees, it is advised that employers should utilize time that has been saved due to reduction in absenteeism by organizing small functions for them plus distribute gift vouchers or other prizes to encourage employee participation in such events.

This will help in developing healthy relationship among employees & help in reducing costs that they would have to spend on their health maintenance.

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