



Pillar 5

Health and Wellness Activities

Why are health and wellness activities important in building a culture of health and well-being?

Insights from NEXTpert, Jim Reynolds, MD



Why is Pillar 5 – Health and Wellness Activities – important to employers?

“Health and wellness activities are important in that they reinforce all other aspects of the Culture of Health and Well-being. Providing a broad range of both on-site and remote activities allows employees to pick and choose those suited to them and able to achieve results.”



How does Pillar 5 – Health and Wellness Activities – contribute to a culture of health, safety, and well-being?

“A culture of health, safety and well-being addresses all aspects of a holistic multifactorial approach of which the offered activities are a critical part of creating a sustainable culture change”



How does Pillar 5 – Health and Wellness Activities – affect the workforce population?

“Health and wellness activities should be chosen to offer the broadest possible opportunities for employees to participate and move their health and wellness to a new level.”



Why does sequencing matter for this pillar?

“Sequencing is important to achieve a culture of health and well-being in the most efficient way. For example, if the program does not have full senior management support AND participation up front, other aspects of the program may not be successful.”



“Health and wellness activities should be chosen to offer the broadest possible set of opportunities for employees to choose from to achieve better health outcomes.”

– *NEXTpert, Jim Reynolds, MD*

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