



# wellness+

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HEALTH

## Wellness Fund Recommendations

Wellness+ encourages you to focus on where your company is spending wellness funds this year. Check out some tips, ideas and recommendations on how you can get started!

### Wellness Fund Tips

- Understand wellness fund amount allocated by carrier available throughout your current benefit plan year
- Make the best use of your wellness funds by planning ahead - it's not too early!
- Consider your company culture, employee health needs, company's long-term wellness goals when deciding how to spend wellness dollars
- Submit for reimbursement as purchases are made



#### Physical

- Yoga mat, foam roller, resistance bands
- Standing work stations
- Registration fee for walk/run events
- Wearable fitness device
- Gym membership reimbursement



#### Mental

- EAP Resources
- Behavioral Health Seminar
- On-demand mental health services
- Onsite massage
- Therapeutic massager
- Eye mask
- Therapy coverage/accessibility
- Mental Health Programs (MHFA)



#### Nutritional

- Health snack/lunch
- Nutritious cooking class/demonstration
- On-demand mental health services
- Blenders
- Healthy meal service voucher



#### Social

- Onsite or on-demand Lunch & Learn session
- Team-based wellness challenge/prize
- Wellness room amenities (equipment, wellness room, mother's room, etc.)
- Onsite outdoor fitness area (path, basketball hoop, etc.)



#### Financial

- Financial Planner session
- Financial initiatives (Clerkie)
- Financial wellness challenge
- Investment Counselor



#### Total Wellness

- First Aid educational classes
- Biometric screening events
- Flu shot event/vouchers
- Wellness-related platform
- Gift cards
- Mobile mammography van
- Wellness communications (home mailers, postcards, etc.)
- Blood pressure cuffs

*Important Note: Verify all future purchases with your carrier for approval prior to purchase.*

*\*Approval is subject to individual carrier guidelines.*