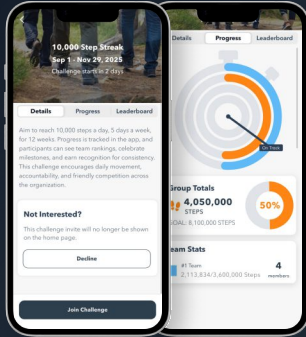


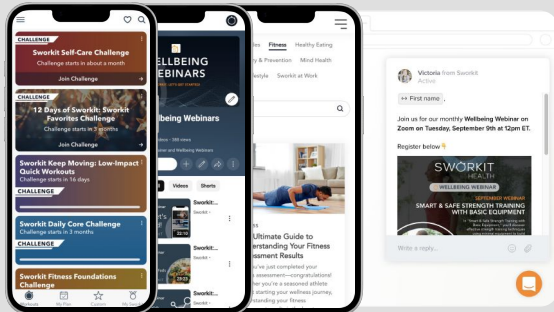
SWORKIT

Driving Workplace Wellbeing: How to Maximize Sworkit Health for Your Employees



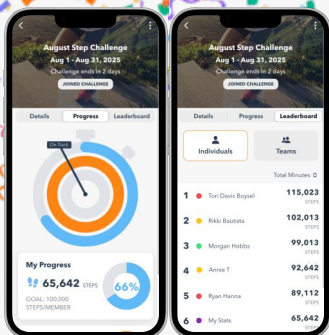
Launch Seasonal or Quarterly Challenges

Organize regular wellness challenges to connect employees, promote healthy habits, and encourage ongoing participation and engagement.



Host Wellness Events & Communication

Leverage Sworkit Health's public initiatives, including challenges, webinars, newsletters, blogs, and in-app messaging, to share resources and build a vibrant wellness community.



Recognize and Incentivize Participation

Use leaderboards and incentives to make fitness fun and rewarding, boosting engagement.



Secure Leadership Support:

Encourage leaders to role-model healthy behaviors, participate in wellness activities, and support a culture of wellbeing.



Empower Wellness Advocates

Establish supportive champions or committees to raise awareness and create a culture of wellbeing within your organization.



Employee Feedback in Action

Regularly collect feedback to understand employees' health and fitness goals and tailor your wellness initiatives accordingly.



Highlight Success Stories

Showcase personalized wellness journeys and celebrate employees who prioritize their health to foster a supportive culture and inspire others.