

3 WAYS TO HELP YOU INCREASE EMPLOYER HEALTH AND WELLNESS PARTICIPATION



Since May is Employee Health and Fitness month there are some easy ways to promote it in the work place. Tell employees what they need to do, like working out and getting check ups regulary. Also, try and make it personalized to each employee. The more specific and personal that you're able to make it, the better your employees will respond. Make it as easy for them as possible, such as sending your employees email reminders about when they need to set health care appointments. Lastly, tracking and refining messages you send out about health and fitness is also very important. Figure out what types of emails or messages your employees respond to best, and if they're not responding to one thing, go ahead and change your messages to try and make them more noticeable. Read the full article here: [3 ways to ramp up health and wellness participation](#)

<https://blog.granted.com/>