



# *Sweet Orange*

ENCOURAGES EMOTIONAL WARMTH

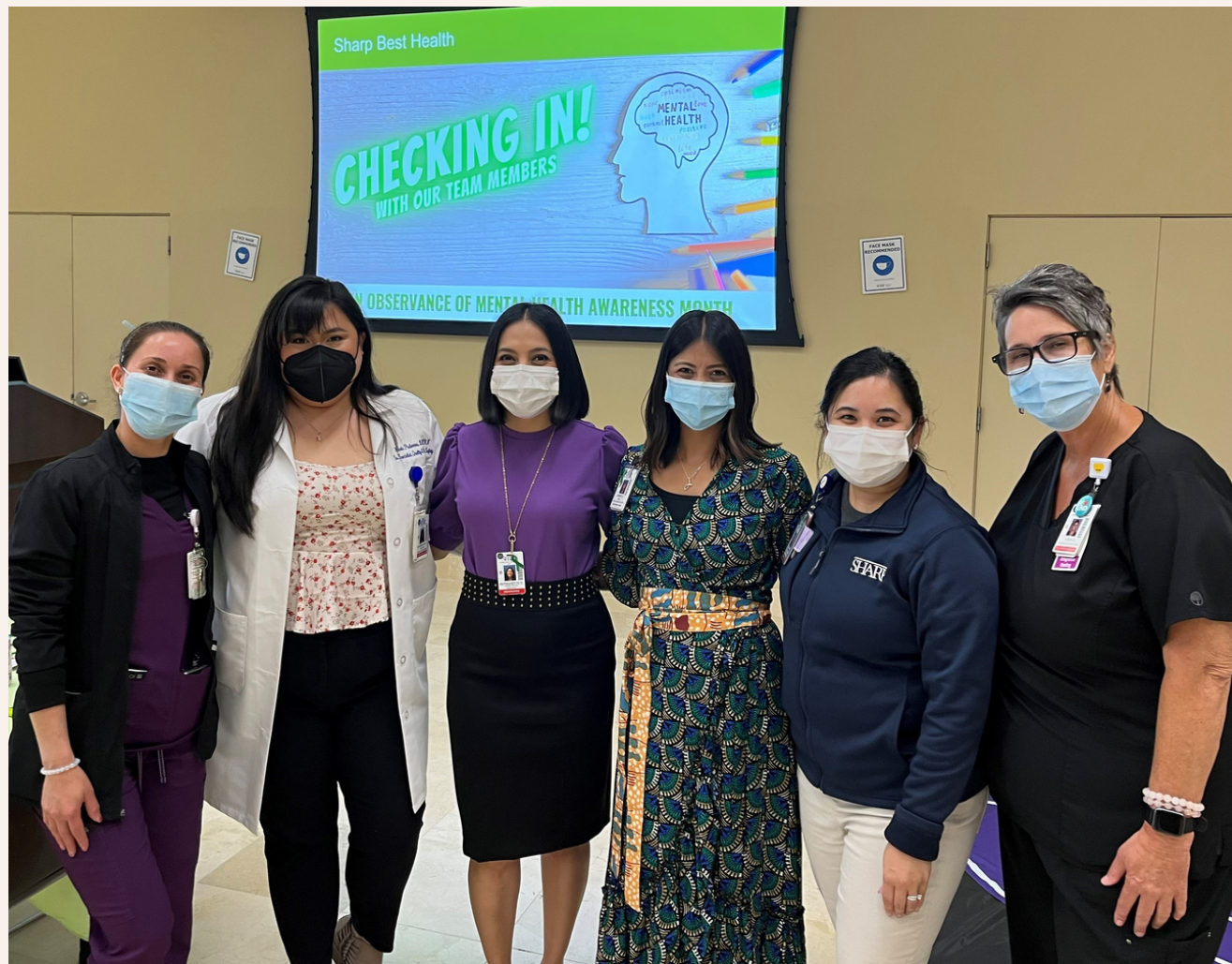
PROMOTES COMFORT

SOOTHES STRESS

AVOID CONTACT WITH EYES

# Sharp Best Health

*SHARP BEST HEALTH IS SHARP'S EMPLOYEE WELL-BEING PROGRAM. THE MISSION OF SHARP BEST HEALTH IS TO PROMOTE A WORK ENVIRONMENT THAT ENCOURAGES HEALTHY LIFESTYLE CHOICES, DECREASES THE RISK OF ILLNESS AND DISEASE, AND ENHANCES EMPLOYEE EFFECTIVENESS AND WELL-BEING.*



# Sharp Best Health

*SHARP BEST HEALTH APPROACHES EMPLOYEE WELL-BEING COMPREHENSIVELY AND SEEKS TO PROVIDE EDUCATION, RESOURCES, SERVICES AND SUPPORT POLICIES WHICH REFLECT THE FOLLOWING DIMENSIONS OF PERSONAL WELL-BEING:*

**Purpose:** Liking what you do every day and being motivated to achieve goals

**Connection:** Having supportive relationships at work and at home

**Financial:** Managing your economic life to reduce stress and increase security

**Community:** Spending time in a place aligned with your lifestyle, feeling safe, and having a sense of belonging

**Physical:** Having good health and enough energy to engage in the activities that matter to you

**Mental:** Having a balance of emotions, feeling in control of your behavior and able to cope with stress



FOR MORE INFORMATION ABOUT SHARP BEST HEALTH  
[CLICK HERE](#)