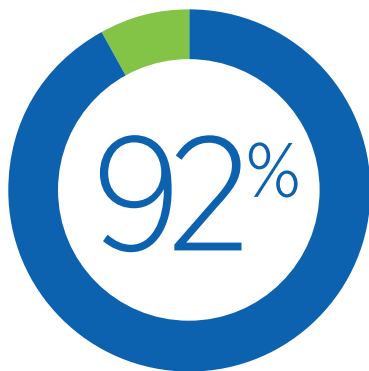
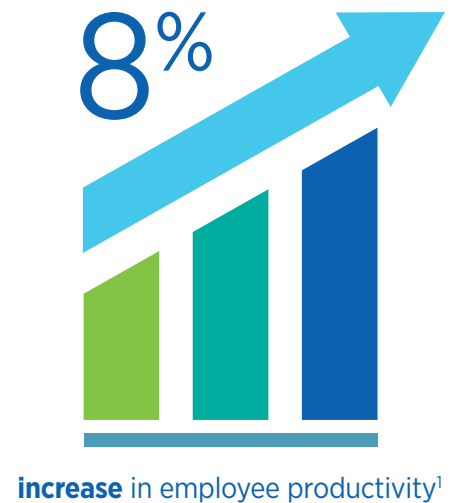
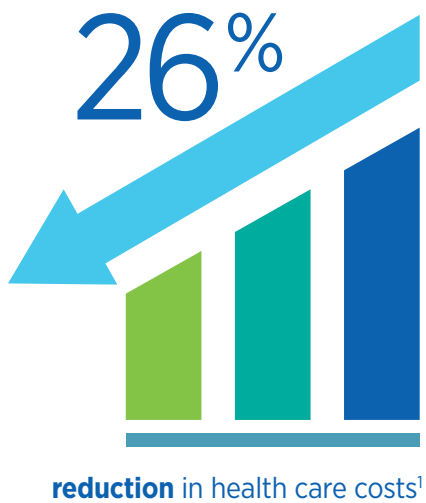


Workplace wellness programs

Benefits and best practices

BROUGHT TO YOU BY NATIONWIDE®

Employers who implemented workplace wellness programs reported:



7 out of 10 employees

would participate in a workplace wellness program if it were offered¹



Why workplace wellness works

- Healthy employees are more productive at work
- Builds camaraderie and engagement among coworkers
- Reaching achievable goals keeps employees motivated

Wellness program best practices

- ✓ Provide regular updates on program highlights and successes
- ✓ Get upper management on board to model and encourage participation
- ✓ Establish milestones to monitor progress and make adjustments as needed

Let Nationwide help you kick off your wellness program. SAY YES is our unique approach to better health and wellness: It suggests ways to incorporate pets into tried-and-true activities like yoga, putting a fun new twist on getting active.

Visit SayYesWellnessKit.com for free workplace wellness tools, ideas and more.

¹ The Institute for HealthCare Consumerism.

² "Do Corporate Wellness Programs Really Boost Productivity?" <http://www.fastcompany.com>

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