
Key Workplace Health and Well-being Strategies

Thriving workplaces don't happen by chance—they are intentionally built. Creating an environment where employees can truly thrive requires intentional investment in the structures that shape their daily experience. These five key strategies offer a practical framework for supporting physical, mental, and financial well-being through benefits, policies, and systems designed to help every employee with the opportunity to achieve their optimal health.

- Strategy 1: Offer comprehensive, understandable, and affordable health care coverage for all employees, including mental health.
- Strategy 2: Support employee financial well-being through education, benefits, and other resources.
- Strategy 3: Promote fair and competitive compensation practices to support employees' financial well-being.
- Strategy 4: Offer paid family, medical, and sick leave.
- Strategy 5: Implement workplace health and well-being benefits, policies, programs, and systems that have been intentionally designed to promote employee health outcomes through opportunities for all employees to achieve their optimal health and well-being.

Visit www.wellbeingworksbetter.org to explore tools, insights, and resources that support your organization's workplace health and well-being journey.