



people•smart
Inspire•Enable•Grow

Towards a Healthy Organisation through Wellness Engagement

What if your organisation thrived on the foundation of a healthy workforce?



Consider the current health and wellness support that is offered to your employees:

1. Is your organisation up-to-speed in terms of offering the health and wellness support that employees need to thrive with modern demands?
2. Are key mechanisms in place to support and drive employee wellness and if so, are they being fully utilised and supported through effective engagement programmes?
3. Are your health and wellness initiatives proactive and sustained over the long-term, or isolated efforts that only emerge during crises?



Developing workplace health is now a business imperative. Economic, political and environmental uncertainty, debt, job insecurity, chronic illness, fatigue, social media pressure and relational difficulties impact people daily. In South Africa, employees struggle to access support and stigma and lack of awareness lead to rising health issues.

However, providing relevant and impactful support can be simple and engaging.

PeopleSmart specialises in high impact Wellness Engagement programmes that enhance employee wellness. Our team creates and delivers clear, constructive and engaging wellness information products based on experience and research.

OUR WELLNESS ENGAGEMENT TOPICS ARE BASED ON THE DoH CALENDAR & CURRENT RESEARCH:

- Nutrition
- Physical activity
- Chronic disease
- Alcohol and drug abuse
- Sexual health
- HIV & TB
- Mental health
- Positive relationships
- Social media
- Male and female health
- Illnesses & diseases
- Sleep & fatigue



THE FULL PACKAGE

- An online organisational wellness survey to identify your wellness needs
- Develop a bespoke Wellness Engagement Strategy aligned with the Department of Health's Calendar & your needs
- Capacitate Wellness Champions to drive & monitor the strategy
- 4 information snippets per month based on a wellness topic + 1 set of screen savers, Whatsapp graphic or video per month
- Wellness engagement monitoring and a 3 month check-in.



THE LITE PACKAGE

- 4 information snippets per month based on your wellness needs
- Wellness engagement monitoring and a 3 month check-in.

**EXPECTED
OUTCOMES**



**Improved
productivity**



**Engagement &
connection**



**Health
awareness**



**Chronic disease
management**



**Encourage health
ownership**