

Four pillars of employee wellbeing

Benefits and HR support in these 4 key areas can help:

Reduce absenteeism, and increase retention.

Improve engagement and loyalty, fostering healthier relationships at work.

Build confidence, further showcasing your top talent.

Wellbeing



Physical



Mental



Financial



Social

Physical Wellbeing

Help your employee improve their physical health with...

- High health & safety standards
- Healthcare benefits such as; health cash plan, flu vouchers, virtual doctors and health screenings
- Desk assessments
- Exercise classes
- Gym membership
- Walking meetings

TOP TIP

Physical health is just as much about preventative care as it is reactive. By providing holistic programs that compliment both areas you can ensure that employees recover and thrive.

TOP TIP

By encouraging open communication you can create a culture in which employees feel comfortable talking about their mental health and seeking support when needed.

Mental Wellbeing

De-stigmatise and support your employees mental health with...

- An open-door policy
- Education – through workshops & literacy
- Line manager training
- Mental health first aiders
- On-demand counselling and EAP services

Financial Wellbeing

Support employees' money worries with...

- Financial support apps
- Advice services
- Education – through workshops & literacy
- Benefits for employees at different stages in life such as LISAs, ISAs, Pensions, and will writing.

TOP TIP

By ensuring your employees are financially educated you are setting them up for life. By providing them with long term resilience in holistic money matters.

TOP TIP

Accessible tech is key for creating a sense of belonging in hybrid teams. Providing tools that allow your people to work autonomously, builds confidence and empowers employees.

Social Wellbeing

Build a sense of belonging in the workplace with...

- ED&I strategy & work groups
- Company away days
- Team building exercises
- Clear communication
- Reward and recognition schemes
- Internal communication software

In case you didn't know

Our employee benefits platform, Lumina, empowers businesses to create their own customisable range of ethical, wellbeing-focused, value-based benefits. Take a look at www.Lumina-uk.com

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Amba
Good work.