

## Leadership Tips

# 5 Ways to Support Better Health & Wellbeing at Work



Promoting health and wellbeing in the workplace can lead to a more engaged, motivated and resilient workforce. It can also support recruitment and retention. Check out these five tips for creating a positive and supportive environment for all.

1

**Encourage Work-Life Balance**

Talk to your team about the importance of taking time off and pursuing outside interests. First Stop Health makes it easier for them to get care without wasting time driving back and forth to their provider's office.

2

**Lead by Example**

Prioritize your own health and wellbeing to set a positive example for your team. Haven't used First Stop Health yet? Request a visit!

3

**Recognize Healthy Behaviors**

Acknowledge and reward team members who demonstrate healthy behaviors in and out of the workplace. This reinforces positive habits and motivates others to do the same.

4

**Share Resources**

Distribute resources like flyers and posters about health-related topics and benefits. We'll provide you with content regularly so the information stays fresh and new.

5

**Promote First Stop Health**

Be sure to talk about First Stop Health to your team members. Make sure they know how to claim their account, get the app and request a visit. Remind them how easy and affordable it is to get excellent care!