

4 Steps to build an optimal wellness benefit for your team

Creating a powerful wellness benefit is an ongoing process, but one that can have a positive impact on your employees and the overall company culture.



1. Assess the baseline

Understanding your team's current level of fitness and wellness can help you tailor a benefit that meets them where they are.

2. Set clear objectives

What do you want to achieve with your wellness benefit? Whether it's reducing absenteeism, boosting morale, or enhancing productivity, having clear objectives will help guide your initiatives.

3. Regular reviews

Just as employee roles and responsibilities evolve, so too should your wellness benefit. Regular reviews and updates keep the program fresh and relevant.

4. Encourage participation

An enticing wellness benefit only works if employees utilize it. Communication, incentives, and creating a supportive environment are key to driving engagement.

What makes Aaptiv a powerful employee fitness and wellness benefit

Aaptiv offers personalized **AI-powered coaching**, a vast library of 10k trainer-led on demand workouts, and a variety of classes from running to yoga. With a network of **20,000 gyms and studios**, and group challenges available, it provides diverse workout options and foster **community and competition**. Plus seamless integration makes implementation and tracking easy for HR professionals.