

# 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.