

Employee Wellness Program Policy Template

Welcome to our Employee Wellness Program! We are committed to promoting the health and well-being of our employees. Below is an outline of the program and the resources available to you:

1. Wellness Program Overview:

- Our Employee Wellness Program is designed to support employees in making healthy lifestyle choices.
- The program includes access to fitness classes, mental health resources, and healthy eating initiatives.

2. Wellness Program Benefits:

- Employees who participate in the program are eligible for incentives such as gym memberships and wellness days.
- The program also offers resources for stress management and work-life balance.

3. Wellness Program Participation:

- All employees are encouraged to participate in the program.
- Participation is voluntary, but we strongly encourage all employees to take advantage of the resources available.

4. Wellness Program Resources:

- For more information on the Employee Wellness Program, please visit [link to program website].
- Additional resources and support can be found on [link to mental health resources] and [link to healthy eating initiatives].

We are excited to have you join our team and participate in our Employee Wellness Program. If you have any questions or need assistance, please reach out to our HR department.

[Source: Employee Wellness Program Guidelines, www.wellness.gov]