

# aboutwellness

## Wellbeing Guide for Companies

### Managing Employees Health and Wellbeing



---

## Introduction

alkanation provide health and wellbeing services to companies worldwide. We believe that good health makes good sense and we want to educate people to make better decisions and therefore live a healthier lifestyle.

Our focus is to inspire optimum health and promote wellness to the nation. Our purpose is to inform the nation of simple health and wellbeing strategies that fit into people's daily lifestyles, making healthy living a habit.

## Employee Wellbeing Services

### Wellbeing Workshops

- Nutrition Workshop
- Food Labels Workshop
- Healthy Living Workshop
- Alkalise for Health Workshop
- Work/Life Balance Workshop
- Energy Workshop
- Stress Management Workshop
- Sleep Well Workshop
- Meditation Workshop

### Health Zones

- Massage Zone
- Nutrition Zone
- Relaxation Zone
- Sleep Well Zone
- Stress Management Zone
- Posture Zone

### Bespoke Packages

- Health and Wellbeing Package designed with your companies specific needs

### Posture Assessments

- DSE (Display Screen Equipment) Assessments

### On Site Massage

- Professional Massage Therapists at your office, providing neck, back and shoulder massages

---

## Nutritional Advice

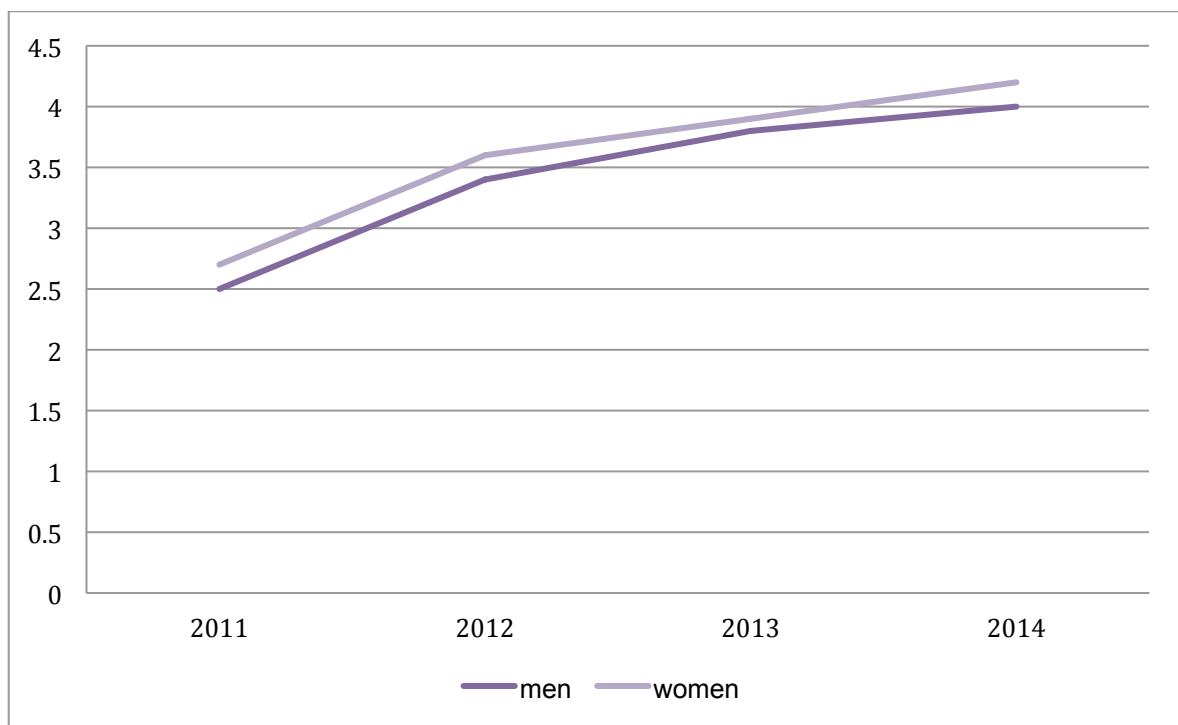
- A Nutritional Therapist at your office, providing expert nutritional help and advice

## Wellbeing Support

- Monthly Health and Wellbeing Tips
- Health and Wellbeing Support (Phone and E-mail)

## Statistics

The Office for National Statistics revealed that staff absence costs reduced during the recession but since 2008 there has been a steady increase. It is estimated that by 2014 at least 4% of employees will be off sick due to work related illness (See graph below)



## Benefits of a Wellbeing Program

Research from The Office for National Statistics shows that having an employee wellbeing program ensures an effective workplace with healthy and energised staff, leading to:

- Reduced healthcare costs by up to 50%
- Reduced short-term sick leave by up to 30%
- Reduced long-term sick leave by up to 20%

- 
- Increased productivity by up to 55%

Successful programs contribute to organisational success by positively impacting the following key areas:

- Improved staff health, energy and performance
- Improved health status and quality of life
- Ability to employ and maintain a healthy, happy workforce
- Improved focus and achievement of targets
- Increased staff engagement
- Reduced staff absence and health related costs
- Optimal productivity
- Creating a wellbeing culture

---

## Clients

See some of our clients below:

