



# Health and wellness in the workplace

A Healthy Workforce Makes  
for a Healthy Company

# MISSION STATEMENT

At Jazzdhealth and Wellness our mission is to bring awareness to employers or corporations about the vital importance of implementing a comprehensive Health and Wellness program in the workplace. We believe that prioritizing the wellbeing of employees, organizations can create a positive and thriving work environment that fosters productivity, engagement and overall success.

Through our innovative solutions and evidence base strategies, we aim to empower employers to make informed decisions and take positive steps towards improving the physical, mental, and emotional health of their workforce. Together let's build a healthier and happier future for employees and organizations alike.



# TABLE OF CONTENTS

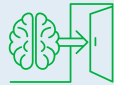
01 Mental Health (5)



05 Positive Upbeat Workplace Environment (9)



02 Quiet Quitting (6)



06 Hiring for Best Candidate (10)



03 Rampant Absenteeism (7)



07 Increasing the Company's Bottom Line (11)



04 Work from Home (8)





## overview

Thank you for your interest in learning more on the importance of Health and Wellness in the workplace. Jazzdhealth and Wellness is a leader with more than 20 years in health and wellness, helping Employees and Employers garner a better work/life balance.

**In this Presentation,** we will go over the many obstacles preventing the attainment of better health and maximum productivity.



# Mental Health



## Mental Health

**Refers** to the overall wellbeing of one's overall psychological, emotional, physical and social states. It is a range of factors which includes the ability to cope with stress, sudden changes to one's routine, the inability for form and maintain healthy relations, and to make so

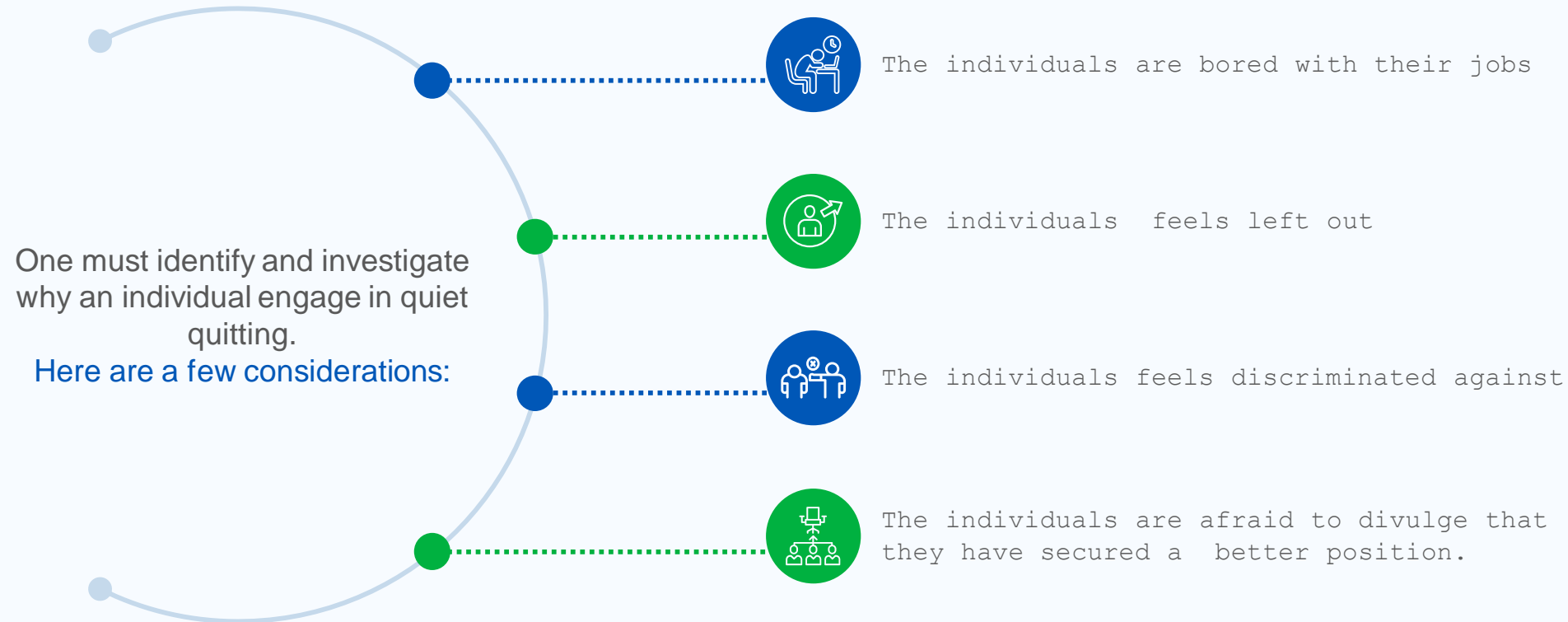
## Mental Health

**Can** be influenced by various factors including environment, genetics, chronic illness and life experiences. Untreated Mental Health can have a significant impact on an individual's quality of life. It is crucial to seek help with Mental Health.

**Resources: Wellness Plans, Therapy, Support groups**

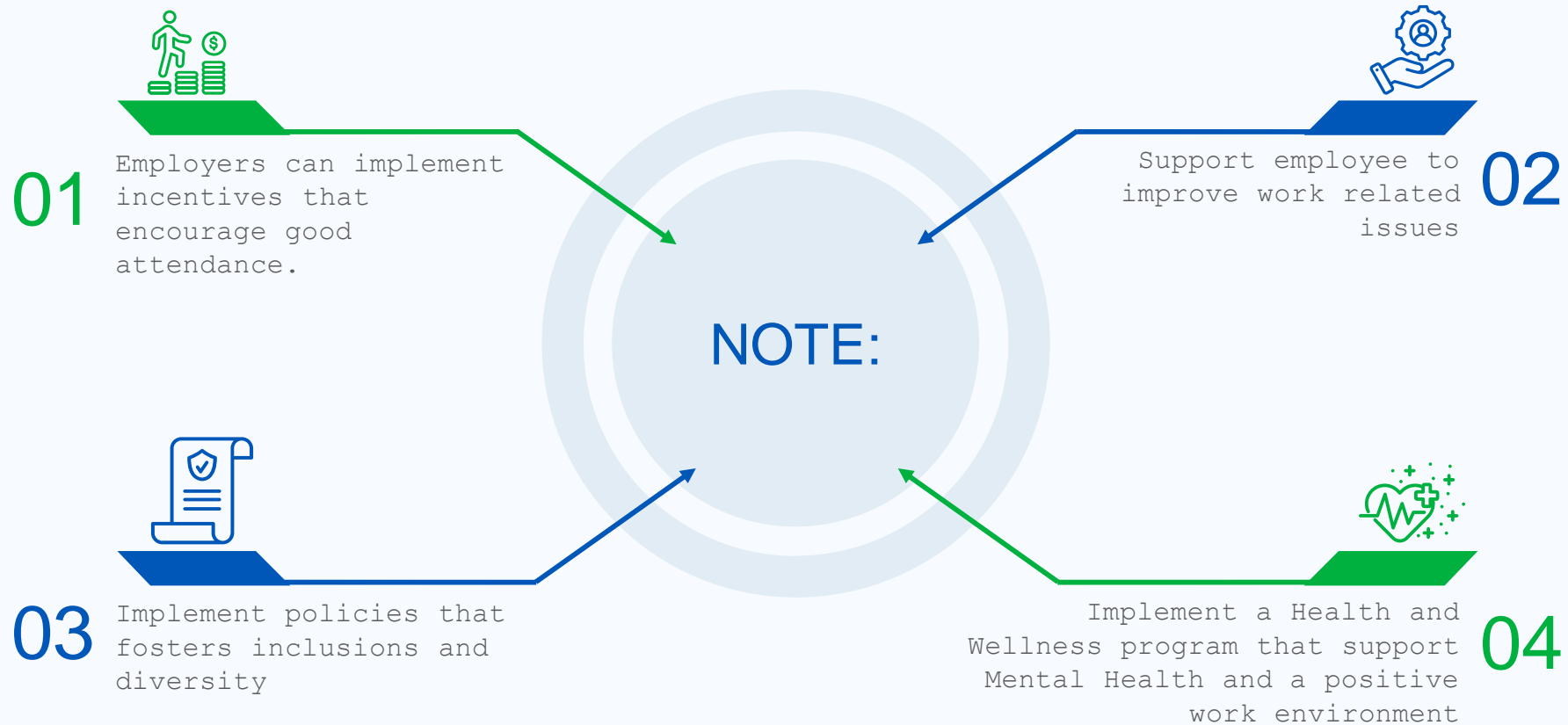
# Quiet Quitting

Quiet Quitting happens when an individual engage in leaving a position without making a fuss or bringing attention to oneself . It is about an individual who slows down on workload doing the minimum without causing disruption. The individual stops putting in the effort or zest for work without stating they are quitting. An individual will sometimes arrive at work late and leave early, leaving the others to pick up the slack, or missing deadlines.



# Rampant Absenteeism

Excessive absenteeism in the workplace can be caused by a variety of reasons including family obligation, illness, lack of inclusion and diversity and an overall lack of interest in the job. This can impact the company's efficiency and the production significantly. Rampant absenteeism can also affect the morale of the other employees and hurt the company's bottom line.

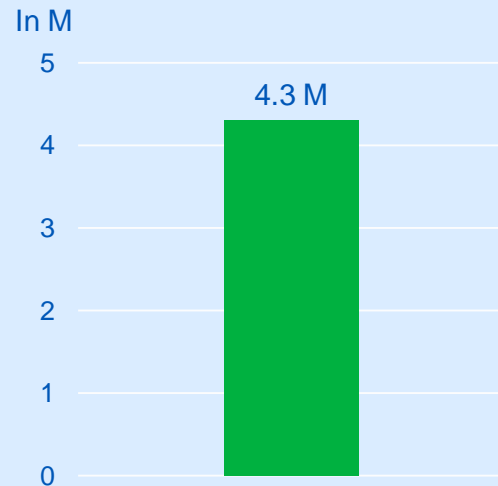


# Work From Home

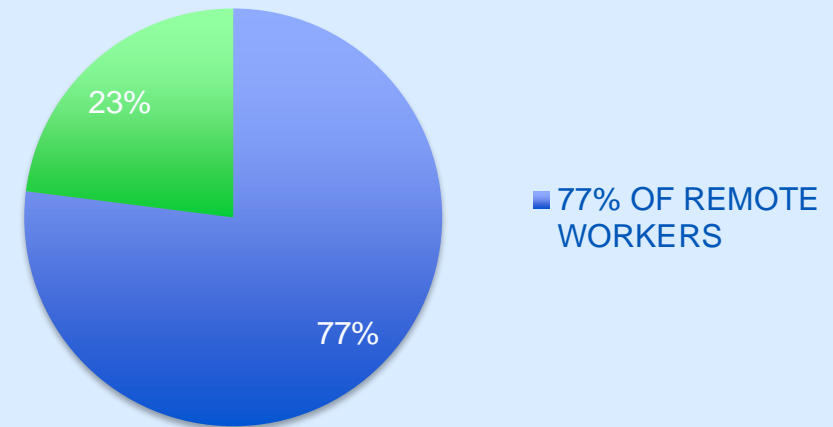
There is a growing trend for remote work. Many companies are investing in programs and policies to support employees who work from home. It is important to provide virtual home building resources to support Mental Health, Health and Wellness programs and flexible work hours. This support can lead to increased productivity and a healthy bottom line.

**NOTE:** Highlight the importance of staying connected to avoid boredom, loneliness and a lack of interest in the job.

A SURVEY CONDUCTED BY GLOBAL WORKPLACE ANALYTICS STATES AROUND **4.3 MILLION EMPLOYEES** WORK FROM HOME AT LEAST HALF THE TIME.



ANOTHER SURVEY BY OWL LABS FOUND THAT **77% OF REMOTE WORKERS** REPORTED WORK LIFE BALANCE, REDUCE STRESS LEVELS AND INCREASED OVERALL WELLBEING





# Positive Upbeat Work Environment

Providing an upbeat and positive work environment can help employees feel valued and can foster a sense of community. Employees will feel productive and motivated. Implementing a Health and Wellness Program can contribute to the overall wellbeing of the employee with clear thinking and good decision-making abilities.

**NOTE:** It is too easy to give the candidate a handbook to read during the hiring process. Highlight all the positives that the company provides, e.g. a solid Health and Wellness Plan



## Hiring for Best Candidate

Hiring for best candidate for the job involves someone with great communication skills. Ensure the Employer and Employee are clear about their needs and expectations. Hiring for best candidate should allow room for the candidate to be mentally, physically and yes spiritually healthy. The candidate should be willing to engage in teamwork. Employers should be skilled during the hiring process in uncovering the candidate's strengths and weaknesses (no one is perfect). Ensure the candidate feels confident with the company's recommendations and advice.

**Note:** It is too easy to give the candidate a handbook to read during the hiring process. The company should provide, e.g. a solid Health and Wellness Plan





## Increasing the Company's Bottom Line

The easy way to increase the Company's bottom line is by increasing their customer base. However, a company can also increase their bottom line by investing and utilizing their best resources, which is their employees.

# Summary

**During this presentation,** we highlighted the significance of prioritizing Employee well-being and how it directly correlates with the overall business success. The discussion began by addressing the overall importance of Mental Health in the workplace and how it can significantly impact employee production, engagement and overall job satisfaction.

**The presentation** shed light on various initiatives to reduce absenteeism, presenteeism, and turnover rates, ultimately leading to a more productive and motivated workforce. We also covered quiet quitting which refers to employees disengaging from their work without explicitly resigning. Jazzdhealth and Wellness, explained how this phenomenon can have detrimental effects on both employees and the organizations as a whole.

**By implementing a Comprehensive Health and Wellness Program,** employers can proactively identify and address the underlying cause of quiet quitting, fostering a more positive and engaging work environment.

**Additionally,** the presentation discussed employee work from home and how it can enhance work - life balance, reduce commuting stress and increased job satisfaction. By incorporating flexible work hours into their health and wellness program, organizations can attract and retain top talent, while improving overall employee morale.

**Lastly,** Jazzdhealth emphasized the importance of implementing a Comprehensive Health and Wellness program. We pointed out various studies and statistics that demonstrates how investing in employee well-being can lead to significant cost savings and a healthier bottom line.