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Walkarounds - To ensure wellness is part of the overall culture, visibility of the wellness program is important. Walkarounds allow the on-site wellness consultant the opportunity to have a visible presence on-site and allows the clients the opportunity to check in with the wellness consultant between appointments. Some examples of walkarounds include but are not limited to, offering an informational handout on antioxidants with green tea samples, a healthy snacking recipe with a piece of fruit, or healthier options of holiday treats with samples.

Reporting - EWSNetwork has extensive reporting protocols. Results, participation rates, summaries, snapshots and events are shared with management on a scheduled basis. Our various reports outline participation and engagement rates in both individual and group wellness events and initiatives along with metrics and outcomes determined in conjunction with the client at the onset of a program.

Wellness committee creation and facilitation - An important part of the overall workplace culture is the creation and/or facilitation of a wellness committee. Wellness champions are ambassadors of the wellness program, provide the necessary location/department-specific feedback, and help with promotion of various initiatives. These meetings are scheduled on a quarterly (generally) basis. Agendas are prepared and minutes are taken during the meeting and distributed to all wellness champions. Discussions during these meetings pertain to the scheduled wellness initiatives and feedback on previous programs. Committee meetings are done in person onsite at the company or virtually via webinar/conference call depending on the size and demographics of the client.

Client-Specific Wellness Portal - Each employee has access to his or her own password protected wellness program managing system where they are able to book an onsite wellness consultation, track their own personal data and goals, register for upcoming events and access our resource center. Please refer to Appendix F User Dashboard Wellness Portal.

Engagement Strategies - Outreach initiatives to enhance visibility of the wellness program include on-site promos [smoothies, pancakes, oatmeal, yogurt parfaits], consultant walkarounds [specific to the quarterly theme or event], department specific meeting presentations and staff meeting wellness re-caps [virtual and/or in person]. These strategies are all integrated within the overall program design.

Client success recognition - EWSNetwork works to heighten the professional profile of many corporate clients through recognizing them in the media and nominating several for local, regional, and national awards (ie: Annual Benefit Canada Awards). Please refer to Appendix G Client Recognition at Benefits Canada Awards.

Client Staff/Retreat Days - In some cases, EWSNetwork contributes to the agenda for various events such as organizing team building events, interactive presentations and workshops, AGM presence, or any other corporate event requested by the client.

Utilization of all available resources - Client locations may include a cafeteria serviced by a third party vendor. In such cases, Wellness Wednesday menus may be discussed between EWSNetwork and the vendor. Either suggestions on new healthy recipes are made or highlights of the featured dish are outlined through signage and promotion.