

# Health & Wellbeing

## PRACTICE



Developing a culture of health and wellbeing begins with senior level support and addresses employee issues holistically through long-term strategies which encompass behavior change solutions.

### Far beyond wellness

In the old days (a couple of years ago) we all discussed “wellness”, which generally focused on employee physical health and featured smoking cessation, walking, and perhaps weight control programs. The challenge with this strategy is that employees come to work with more than just their physical health; they bring their entire being to work, along with the stressors and distractors that come with them.

Our Health & Wellbeing team helps to design customized strategies that encompass the five key elements of the “whole employee”: physical; financial; workplace (professional development); community, and mind-spirit.

We believe that partnerships begin with consulting, employee education and engagement and that each client is unique. Our general approach is to begin with a culture assessment of each organization’s existing programs, resources, and desired outcomes. With that in mind we craft a multi-phase approach that is a custom fit.

Please contact us to learn more about our Health & Wellbeing Practice, or any of the other ways we have been helping our clients for over 35 years.



### HEALTH & WELLBEING SERVICES INCLUDE:

- Culture Analysis
- Wellness Committee Member/Coach
- Customized wellbeing solution development
- Collaboration and integration with vendors and carriers
- Annual 12-month wellbeing plan
- 3-year Health & Wellbeing Strategy with objectives and goals
- Coordination of initiatives
- Post-program evaluation and analysis
- Ongoing consultative support

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