

# Wellness Program FAQs

## 1. Why does our company need a wellness program?

Many studies have proven that healthy employees are happier, and happy employees are more productive. At <company name>, we want you to be healthy, happy, and perform well at your work. With this employee wellness program, we are offering you a great platform that works around the latest health and wellness trends, and also caters to your individual health requirements.

## 2. Who is eligible to participate in this wellness program?

Anyone who is a part of our company and is eligible for benefits is eligible to participate in our wellness program. Also, your spouses and dependants can enroll and participate in certain wellness modules of our corporate wellbeing program, like HRA, biometric screenings, and social events.

## 3. Is it mandatory for me to join the wellness program?

Not at all! It is not compulsory for you to enroll or participate in the wellness program. We understand that voluntary participation will give better outcomes. However, we recommend participation as the wellness program will be a fun way of improving your health and social connections with your co-workers. Also, by participating, you will be eligible to receive any incentive associated with the wellness program.

## 4. What activities should I do to be a part of the wellness program?

To be a part of the wellness program, you will have to complete all the registration formalities, and once you are done with it, you will have to get done with the onboarding activities and other steps -

- ❖ <Requirement 1>

- ❖ <Requirement 2>

## 5. What happens if I do not participate or cannot complete a wellness activity, due to various reasons?

Our wellness program calls for voluntary participation. If you do not participate, you will not be penalized or charged for it. If you do not participate, you will not be eligible to receive any incentive associated with the wellness program. If you cannot complete a wellness activity that you started already due to reasons like physical constraints or religious beliefs, the wellness program coordinator will look into the matter and handle it.

Contact the wellness program coordinator at <CONTACT DETAILS> for more queries about your wellness program.