



A.I.M. Mutual

INSURANCE COMPANIES

Our Wellness Program

The vision of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to provide an inclusive culture of well-being that encourages learning and offers opportunities to empower our colleagues to live happy and healthy lives.

The mission of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to offer a wide variety of programs that will promote participation and empower our colleagues to lead a lifestyle of good health and overall well-being. We offer many activities that address the importance of physical activity, healthy eating, community involvement, financial awareness and a responsibility for our environment.

Impact on Our Organization

A.I.M. Mutual employees feel encouraged to live a healthy lifestyle. Whether is taking walks at lunch, participating in the book club or attending a stress management session, all employees know that flexing the work day is appropriate and supported.

With leadership support in place, employees can address real concerns, barriers or circumstances that prevent them from living their best life.

What Makes Us Unique

The Wellbeing Assessment allows our company to not only look at the health risks that exist amongst our employees, but it allows us to identify employee interests and lifeskills or lack there of that may impact quality of life.

This information allows A.I.M. Mutual to offer programs that address root issues that are often times masked by a symptom or high risk behavior.

About A.I.M. Mutual

A.I.M. Mutual is a Worker's Compensation Insurer that provides coverage and service excellence in MA, NH and CT. We support and guide our policyholders to provide a safe and healthy work environment that prevents worksite injury.

Our Wellness Goal

The goal of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to maximize participation in wellness programs.