



## About Our Wellness Program

Lowell General Hospital encourages employees to choose among a variety of programs to find those that the best fit their lifestyles. The programs, challenges, and activities we plan allow employees to make small changes to make a big impact in their health and wellness. When employees make this commitment, they are rewarded with wellness-related incentives, including discounts on their medical benefits, gift certificates, and prizes.

## Wellness Innovation

The employee wellness program at Lowell general Hospital uses employee feedback and industry best practices to create programs that will have lasting effect on employee's wellness goals. By incorporating the four pillars of wellness: Mental Well-Being, Nutrition, Movement with a Mission, and Financial Wellness; we challenge the traditional ways of thinking and encourage employees to look at their whole self instead of just one part of it.

## Impact

- Employees try new things
- Families are encouraged to participate
- Employees learn new wellness tips
- Four areas of wellness are explored

## Wellness Programs

- Organization wide walking challenge
- Water challenge, supported by Leadership team
- Quarterly programming based around seasonal themes
- Employee suggestions for new programs
- Companywide wellness fairs

## Wellness Champions

- Employee Benefits Team
- On site Sodexo team
- Human Resource Leadership
- Communications Team

