



About Our Wellness Program

Watermark's Wellness Program is anchored and driven by the Wellness Team, which is comprised of a group of volunteer employees. The Program was created to increase the well-being of employees and their families and to increase awareness of positive health behaviors, to motivate employees to voluntarily adopt healthier habits, and to provide opportunities and a supportive environment to foster positive lifestyle changes.

Wellness Innovation

Watermark is project oriented and operations occur throughout the country. Less than half of the employees are located in permanent office space. Therefore, various methods to facilitate, encourage and sustain participation have been utilized. This has been accomplished by participation electronically. In cases where the initiative involves physical items such as healthy foods, the items are shipped to each location. Email is critical in the Program. For example, for the Walking Challenges, the participants are provided pedometers to count their steps at the work site and during non-work hours, and they submit the number of steps each week through email.

Wellness Champions

- Company Leadership
- Company Wellness Team Volunteers
- Employee Participants

Wellness Programs

- Walking challenges
- On-site Yoga classes
- Mindfulness opportunities
- Weekly Wellness tips & recipes

