

## Health

is a major factor  
in the productivity  
of employees, and key  
to their engagement  
**and Wellbeing**



# Health and wellbeing



There is a clear, well-established link between employee wellbeing and workplace productivity; additionally, work-related stress and financial issues can have a dramatic impact on an individual's personal health and wellbeing.

Forward-looking organisations are becoming increasingly aware of how investment in a well-thought-out health and wellbeing strategy can be a key ingredient in reducing sickness absence and boosting productivity. Supporting personal health and wellbeing will also help to encourage greater employee engagement, retention and recruitment.

Using our innovative solutions, we will assist you in implementing a bespoke health and wellbeing strategy, designed to help create happy employees who will take less time off sick and be more productive in the workplace.

**Our approach is to look at three key areas which impact directly on employee health and wellbeing, which are:**

- physical health
- mental wellness
- financial wellbeing

We have access to a wide spectrum of support services to improve employees' lifestyle, health and fitness.

Our experienced consultants will help you build a tailored approach using not only traditional healthcare-insured solutions such as private medical insurance, health cash plans and dental care, but also by encouraging healthy lifestyle choices through knowledge, training and education.

By using the right health and wellbeing tools, we will help you obtain substantial dividends in terms of productivity, recruitment, retention and employee engagement.

## Get in touch

For more information, or to arrange a meeting to discuss your employee benefits strategy and employee communication options, please email us at [info@mattioliwoods.com](mailto:info@mattioliwoods.com), or contact your Mattioli Woods consultant.

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