GBS Health & Wellness

Free Wellness Resources for Employers to Utilize During COVID-19

Although daily life has been altered for many these days, our team hopes to provide health and wellness-based ideas and resources to help you and your employees thrive in a new daily routine.

GBS
A Leavitt Group Company

- Work From Home BINGO Cards - Our first version was so popular, we created two more! Send these out to employees as a fun challenge to stay productive and motivated while working from home. Encourage employee participation by offering a prize or wellness points to those who post photos of the challenges in action to the company's portal or social media page. BINGO Card 2 | BINGO Card 3

- Wisdom Labs - Wisdom labs is offering support to employers by providing free 90-day access to their Wise@Work App and Virtual Communities Program. This program offers solutions for mental, emotional, and social wellbeing by providing immediate on-demand lessons and practices that offer relief from fear, uncertainty, and isolation.

- Harvard Center for Work, Health & Wellbeing - This website offers employers and workers up-to-date information on COVID-19, as well as a library of helpful resources.

- WELCOA - Register for access to materials on worksite health and wellness, along with a 10-module employer guide to COVID-19. WELCOA also offers an employee educational packet to support wellness needs during COVID-19.

- Free Employee Resources - We've compiled a list of free interactive and educational resources for your employees to utilize during COVID-19. Self-care, mental health, and daily movement are all vital to overall health and wellbeing.