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## Wellworks For You | Protective's Wellness Program Spotlight

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Good health is the cornerstone of a happy and fulfilling life. Unfortunately, it becomes increasingly easier to allow health to take a backseat as full-time work and other obligations take precedence in our busy lives.

Through prioritization and mindfulness, you can put your health first and integrate it into your life near-seamlessly. Protective Insurance's 2018 Wellness Program is designed to help you reach your health goals in an intuitive, easy-to-follow way that will help you create lifelong positive habits.

According to HR Business Partner Sam Nelson, the idea for the Wellness Program came about through employee feedback during the culture sessions held in late 2017. "The culture sessions made it clear that employees wanted a resource to help guide them to create and maintain healthy habits," said Sam.

Through Protective's wellness provider, Wellworks For You, there are multiple resources to help you begin your journey. All associates have been provided access to a personal Wellness Portal. To get started, create an account at <http://wellworksforyoulogin.com>. After that, you can complete the Know Your Number assessment and begin to review a variety of resources and training at your own pace. Upon successful completion of these steps, you will be eligible for a \$50 gift card or HSA contribution.



Some of the features of the Wellness Portal include:

- Ability to import data from various health devices/apps, including Fitbit, MyFitnessPal, Garmin, iHealth, Strava, Apple Watch and others
- A personalized dashboard, WellBalance, to track steps, active minutes, calories burned, weight, water consumption, sleep, heart rate and more
- Fitness and nutrition information, including meal plans and grocery lists
- Resources about lifestyle management, smoking cessation and pre/post-natal care

The Human Resources Department believes that wellness programs benefit employees in numerous ways. Sam says that a well-adopted wellness program keeps health top-of-mind and in important conversations among the organization. "Shortly after beginning the wellness program, the HR Team received feedback about our monthly snack cart and the options available. The most recent snack cart has featured a greater variety of healthy items due to feedback inspired by our wellness program," he said.

The impact has spread throughout the organization, with initial feedback being "very positive" according to Sam. Nearly 250 employees have set up accounts on the portal, and the onsite biometric screenings offered in March were extremely well-attended.

"Employees have appreciated and taken advantage of the resources available, [but we] would love to hear more thoughts on the program and where there are additional opportunities to help."

Moving forward, employees can look forward to more initiatives as part of the program, including individual and team wellness challenges that will encourage friendly competition among the organization. Be on the lookout for news from HR on these initiatives soon!

For further questions or to provide feedback about the Wellness Program, please reach out to [Human Resources](#).

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