

4 Wellness initiatives to steal right now

(excerpt)

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Human resources and health experts quarrel about the actual return on investment for wellness programs. A 2015 study from the Society for Human Resource Management showed that two-thirds of survey respondents view their initiatives as somewhat effective or very effective in reducing costs. On the other hand, a report from the Health Enhancement Research Organization found that average gross savings ring out to around 99 cents per employee per month, while the costs could total around \$1.50. Beyond real savings, these operators found that health initiatives could engage and invigorate employees not only in their health but also in their careers.



#3 Eating Education

At Ocean Spray headquarters in Middleborough, Mass., the **Unidine-run operation** adopted the grower-owned cooperative and juice purveyor's "Fit For Life" wellness initiative. But first, Ocean Spray gave the team nutrition training, so that they can carry out the brand and become more knowledgeable for guests.