

Health and Wellness for Your Employees






Your employees' health and wellness is perhaps the most impactful contributor to productivity and engagement in the workplace. In 2019, upwards of 44% of employees reported feelings of burnout at work. Providing your employees with programs that promote a healthy body and mind is crucial for increased happiness across your organization, and increased productivity.

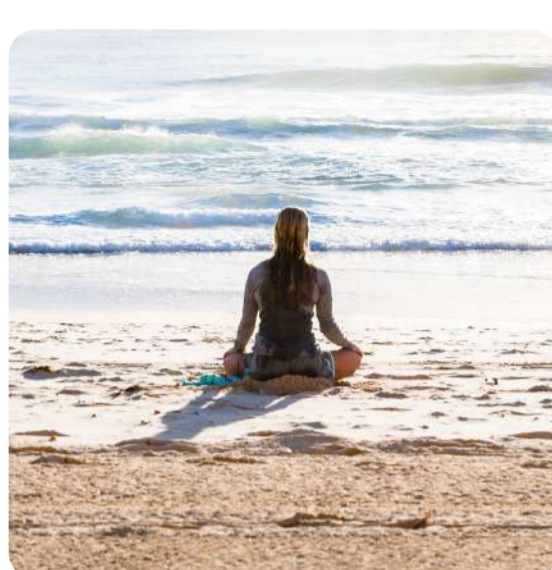


 **Mental wellness** \$60 / month

How can you promote health and wellness in your organization?

There are a lot of different types of activities that will improve your mental wellness. Some of those activities are:

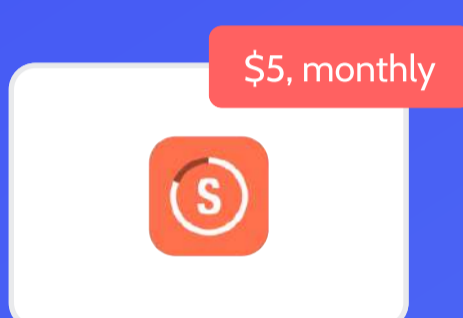
-  Meditation
-  Fitness & gyms
-  Yoga
-  Journaling
-  Recreational leagues



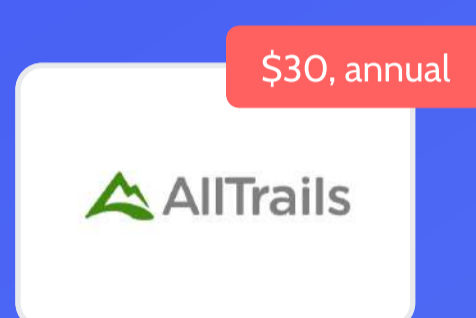
How could I provide this for my remote employees?

There are so many apps on the marketplace that promote a healthy body and mind. Here are some apps that your employees can use to better their mental wellness:

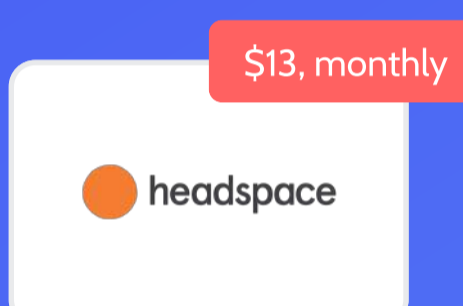
Create your own stack of health & wellness vendors with Hoppier Flex, and give your employees the freedom to choose their favorites.



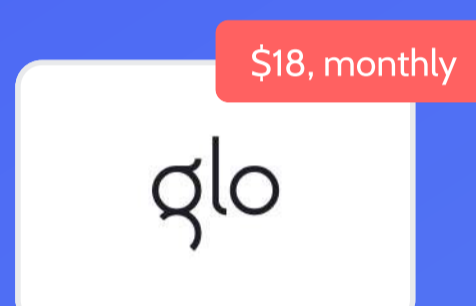
Streaks app - to-do list app that helps you form good habits.



AllTrails - help your employees explore the outdoors



Headspace - one of the most well known apps for meditation



Glo - Online classes for yoga, meditation and pilates

How can I provide this benefit to my remote workers?

#1

Determine your schedule & amount

Determine a schedule and dollar amount each employee will receive. A good baseline is \$30/month per employee to cover one or two subscription services. For a premium program like Classpass, \$55/month would cover it.

#2

Decide on which vendors to allow, or leave total freedom!

Decide if you would like to narrow your program to one or two apps, or if you would like to give your employees the freedom to decide what makes them well. You can restrict their spending to however many wellness apps that you wish. See below for an example of some of the wellness app options we have available.

#3

Set up ACH & get started

Connect with Hoppier through ACH payments, to start funding this program. process and we will provide you with a link to send out to all of your employees so they can access their stipend.

Ready to get started?

Take advantage of our free 30 day trial with Hoppier Flex here.

[Book a demo](#)

Booster program vendors available through Hoppier

Hoppier supports 100's of vendors & can help you with any custom additions

