

---

## 6B. Employee Wellness

Employee wellness is a combination of educational, organizational, and environmental activities initiated by the employer aiming to support behavior, conducive to the health of employees and their families. It consists of health education, screening and interventions designed to change employees' behavior towards individual's wellness.

Ill-health and injuries inflicted by inappropriate or poor working conditions result in sufferings and loss to individuals and their dependents in addition to resulting in losses and damages for the organization

The benefits of employee wellness therefore are:

- ✦ Lower absence rate
- ✦ Higher productivity
- ✦ Minimize the cost of accidents and litigations
- ✦ Improve staff morale and employee relations

