



## UNDERSTANDING YOUR WELLBEING

# PHYSICAL WELLBEING

Traditional wellness is quickly becoming a thing of the past, and organizations are realizing the importance of a holistic strategy centered around total wellbeing and engagement. Organizational engagement strategies need to be multidimensional.

Most employers offer several benefits and resources related to physical wellbeing, which is important because physical wellbeing should remain a component of an organization's workplace wellbeing strategy to help employees with their physical health.

## PHYSICAL WELLBEING AREAS OF EXPERTISE

Clinical Programs

Onsite / Near Site Clinics

Medical Benefits

Population Health Programs

Smoking Cessation

Workplace Safety

Pharmacy Benefits

Health Coaching

## WHAT IS PHYSICAL WELLBEING?

Physical wellbeing is defined as having good health and enough energy to get things done.

## WHY IS PHYSICAL WELLBEING IMPORTANT?

Regular physical activity can relieve stress, anxiety, depression, and anger. People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese.

The important part is that those extra years are generally healthier years! Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So active adults maintain their quality of life and independence longer as they age.

EthOs works with organizations to **enhance** the employee experience by **empowering** your people to bring their best self to work every day and fully **engage** in your organizational purpose.

Are you interested in enhancing your culture and employee experience? Reach out to us today!



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