We’re excited that you’ve decided to run a wellness campaign at your workplace. Exercise gives your employees lots of healthy benefits. It can:

- Boost energy levels (at work and home)
- Help control weight and stress
- Promote a healthy heart and lungs
- Lower the risk of serious conditions like obesity, heart disease and diabetes

Experts say that adults should get at least 30 minutes of exercise every day. Walking is one of the easiest ways to do this. This campaign will encourage employees to track their steps using a pedometer. By forming teams, employees will encourage each other to do well. They’ll also learn about charitable runs and walks, health fairs, the importance of health assessments and various weekly health activities.

How to run the campaign

You can find everything you need for a great campaign at modahealth.com/employers/wellatwork. Here are some tips for how to make the most of these materials.

Think about the timing of your campaign. You could use the National Wellness Institute’s Health & Wellness Observances, along with what you know about your company and employees, to decide when to launch your campaign. We recommend running the campaign for 4 to 6 weeks at a time.

Email templates

In your first email, include the Step Converter and Step Tracking documents. You can find these online. They’ll help employees keep track of their activities. Then, send weekly emails for each health activity.

We invite you to schedule a wellness consultation at any time! Just ask your Moda Health representative to put you in touch.