

Plan for a Year of Wellness

January 30, 2025

terryberry
Engage • Reward • Succeed





Terryberry's Be Well

1. Benefits of an Annual Wellness Program
2. Plan for Success
3. Set up your Program
4. Maintain the Momentum

Why an Annual Wellness Program?

- Engage a hybrid/remote workforce
- Combat burnout and turnover
- Promotes consistency
- Allows for efficiency
- Increased satisfaction
- Reduced stress

Plan: Budget & Incentives

Establish your budget

Understanding your budget is vital as it will inform what incentive to assign to each challenge or event throughout the year.

Establish your incentives

Fully Integrated with Terryberry Rewards, Custom Awards, and Custom SWAG

BEST PRACTICE: Reward participation vs top performers

Plan: Existing Initiatives & Goals

Write down existing wellness initiatives

- Company-wide celebrations or holidays
- Nationally recognized monthly themes/celebrations
- Seasonal themes
- Terryberry's Wellness themes

Write down your wellness goals

- Use SMART goals
- Claims or specific concerns?

BEST PRACTICE: create goals that at least 1/2 or 3/4 of your population can achieve



Set up your Program

- Preventative Care challenges
- Movement-based challenges
- Personalized Wellbeing Content
- Monthly Wellness Workshops
- Wellness-based challenges

Maintain the Momentum

Communications Plan

- Set expectations and point of contact
- Get Leadership involved
- Find wellness champions in your organization
- A little bit of silliness goes a long way!

Use your Resources

- Communications templates, collateral, and guides
- Technical support for members and admins
- Customer Success Manager
- Reporting