

Careforth

WELLNESS PROGRAM



2023
WORKWELL AWARDS
#1 SMALL COMPANY
CATEGORY

AT A GLANCE

Careforth's Wellness360 program targets the whole health of their employees and is thoughtfully designed to meet employees where they are by offering primarily virtual wellness programming, ensuring equity and inclusion amongst their workforce.

"These programs are based on our associates' input and meet our associates where they are, whenever they need it. And to top it all off, it's not just available to our associates themselves. Rather, all of the programs we offer are available to loved ones and family members too. It's a program that is truly holistic, truly caring, and truly motivating and exemplifies our core values: **Lead with Heart. Cultivate Trust. Go Beyond.**"



Mary Schafer

SVP, People & Culture
Careforth

PROGRAM HIGHLIGHTS

Careforth strategically tailored its offerings to meet the diverse needs of its workforce, choosing to focus on chronic illnesses like diabetes, hypertension, and mental health/stress management. Through meticulous data analysis and strategic planning, Careforth achieved remarkable milestones, including substantial increases in program utilization and adoption rates.

MENTAL HEALTH

Careforth's holistic approach to mental health benefits, which includes up to 5 free virtual therapy sessions per topic, free access to Headspace and Headspace Care, and mindfulness programs, fosters a culture where self-care is priority number one.

UNIQUE BENEFITS

HSA Incentive Program

Careforth incentivizes employees to participate in wellness tasks, primarily focused on preventive services, and provides HSA contributions for completing them, which supports their employee's physical and financial well being.

Headspace and Headspace Care

Offering access to a 24/7 coach and self-guided resources to help navigate life's obstacles allows their employees to prioritize their mental health.

Manager E-Training

With proper training, Careforth's managers are able to provide a supportive environment for employees to thrive both personally and professionally.