

VOLUME 18 | ISSUE 1 | SPRING 2022

GUEST ARTICLE: BENEFIT CORPORATE WELLNESS



Human Connection is Part of Well-Being

*Lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder. Studies have also found that loneliness and social isolation are twice as harmful to physical and mental health as obesity.**

Heart emojis and “likes” have come to replace many of our interpersonal communications, particularly as we have adjusted to a more socially distant lifestyle. In 2019, before the pandemic, 3 in 5 Americans reported being lonely. After the pandemic, this number increased, predominantly among young people.**

At BeneFIT Corporate Wellness, we believe that connecting with each other is an important part of well-being. That’s why we provide services to connect you with real people, not just a digital device. We pair human interaction with technology to provide the best of both worlds. On our online portal you can learn about health topics, complete virtual wellness plans, and view progress tracking and reporting data. To complement our virtual offerings, we provide a variety of ways to connect you with human support:

Health Coaching: Our customizable health coaching program puts your employees in touch with a personal health coach for telephonic consultation. Coaches are trained in motivation and behavior change and can help guide your employees as they work on achievable goals of their own creation. The program has seen high rates of success and participant satisfaction among employees from all walks of business and industry.

Weight Management: BeneFIT created Worth the Weight (WTW) to bring participants together in a group, virtually for now, to share their thoughts and experiences while learning. Facilitated by a registered dietitian who is also a health coach, WTW covers nutrition, food labels, motivation, and self-compassion and examines perceptions about food. The camaraderie that develops, along with guidance from our expert coach, helps people connect and build confidence.

Wellness Challenges: These are excellent tools for uniting employees around a wellness activity. Challenges can be done individually or in team. Challenges promote conversation, team building, and

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increased physical activity, which can be done solo or as group during work breaks! A full menu of topics is available including fitness, nutrition, sleep, stress management, and more. Challenges conveniently sync with fitness trackers and the BeneFIT portal to track employees' achievements.

Strategic Consultation: With our service, you're not relegated to a website and left on your own to figure out how to promote wellness at your company. Our health educators and well-being experts are prepared to work with your company leaders directly to assess your employee population and develop a wellness plan that engages your population. Consultation is important for those just starting out or for those who have a program in place and want to improve design, engagement, and results.

For information on how BeneFIT can positively impact health at your company, visit us at <https://www.populytics.com/benefit/> or email our sales executive, cary.salkin@lvhn.org.

*<https://www.apa.org/monitor/2019/05/ce-corner-isolation>

** <https://psychcentral.com/lib/the-importance-of-connection>

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