

Are you ready to embark on a corporate Wellbeing program? Answer our quick readiness questionnaire to find out!

1).	Do you have senior management support?				
	Senior management sees Wellbeing programs as mainly recreational activities. (1pt)				
	 Senior management recognises the link between employee health and business objectives & provides support to the implementation of Wellbeing programs. (2pts) 				
	 Senior management actively promotes employee health as part of company's core values and participates in activities organised. (3pts) 				
	None				
2).	Does your organisation have any health and Wellbeing policies in ☐ Yes (1pt) ☐ No	place?			
3).	Are there any current environmental infrastructure in place to support employee on health and Wellbeing?				
	Yes. Select the program/s applicable:				
	Healthier food and beverage options at office pantry and vending machines In-house peer support (e.g. interest group on healthy eating/fitness classes) In-house support group (e.g. buddy system for weight management/smoking cessation) In-house exercise area (e.g. gym facilities) Shower/changing facilities Promote use of stairs by providing clean and well-lit stairwells Designated space for break or relaxation				
	 Childcare facilities at work In-house trained counsellors Display of no-smoking signages/posters 	3 to 5 activities (2	(1pt) 2pts) 3pts)		
	☐ Others ☐ No				

4).	Do you have a committee in your company that oversees internal employee welfare activities?				
	☐ Yes. Select options below: (1pt) ☐ Social committee				
	Sports and recreational committee				
	Occupational health and safety committee				
	☐ HR				
	□ No				
5).	Is there a dedicated budget set aside every year for employee welfare activities?				
	Yes (1pt)				
	□ No				
6).	6). What type of initiatives/programs are being implemented or offered at your workp currently? Choose one or more boxes as applicable:				
	☐ Lunch time talks				
	Nutritional workshops				
	Fitness workouts	Selection points:			
	Fitness coaching	1 to 3 activities (1pt)			
	Sports tournaments	4 to 7 activities (2pts) 8 & more activities (3pts)			
	☐ Interest group activities ☐ Team building activities ☐ Family day				
	Health and wellness fairs				
	☐ Gym access				
	Smoking cessation				
	☐ Targeted intervention programs (e.g. weight management, cholesterol reduction, etc.)				
	Managerial training (e.g. basic counselling skills)				
	Support group workshops				
	Corporate social responsibility				
	Employee assistance program				
	Fruits day	Total points:			
	None				
		Nomes			
7).	Do you currently conduct a needs assessment of	Name:			
	your workforce?	Designation:			
	Yes. Choose one or more boxes as applicable: (1pt)				
	☐ Health screening	Company:			
	Health risk assessment				
	Employee satisfaction/organisational	Email address:			
	climate survey ☐ Others:				
	No				



Your Checkpoint

Where are you in the Wellbeing journey?



EXPLORER

0 – 4 points

Start by introducing small initiatives

Assess employees responses to initial initiatives

Assess your current state of medical spending

Use findings to build business case to management



ACHIEVER

5 – 10 points

Expand or enhance current Wellbeing programs

Assess if your current spending is optimised

Further tailor offering to employee's needs and preference

Define objectives and implement metrics to measure success

LEADER

Focus areas

11 points and above

Assess if the programs are sustainable

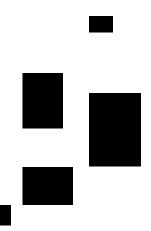
Implement metrics to measure milestone achievements in the longer term

Consider branding Wellbeing as part of company's culture

Consider integrating with existing benefits and rewards programs

Consider implementing targeted programs

Consider solutions that are scalable



For more information

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