

Employee Health Calendar 2020

The annual health calendar for **2020** from ekincare which will help you design your employee health benefits on a monthly basis.



Manage stress

Employees can experience a moment of Zen at the workplace by practicing yoga, it doesn't necessarily require a designated yoga room if you are in lack of space, moving some tables and couches around can be done to create space. Yoga is not only a good workout but also helps manage stress and practice mindfulness.

Sitting at the work desk for long hours makes employees vulnerable to back pain. Practicing yoga at work empowers employees to deal patiently with physical pain and stressful situations.



Walk or bike to work

This challenge invites team members to forego driving to work in favour of walking or biking. Ask employees to walk or bike one day per week for six weeks. Not only is walking or biking better for the environment, but it's also a great way to get moving and stay fit. For this challenge, reward team members by giving every employee who walks or bikes a small incentive for each day they do it, and upon completion of the challenge, give gift cards for a local athletic outfitter.



Eye Check-up Camps

As an initiative to promote the health and fitness of the employees, free eye check-up camps can be organized in the campus. Understanding the importance of taking adequate care for eyesight, particularly in the IT industries, it is necessary to provide employees with have sufficient awareness on eye care and a healthy vision.

The program can offer several features for the employees like:

- Eye check up and status report.
- Counseling to those who required additional care for the eyes.
- Informative session on eye care and precautions for healthy vision.



Health Talk - World Cancer Day

World Cancer Day is the ideal opportunity to start the dialogue about Cancer awareness. There are many ways you can promote awareness among the employees. Consider providing information on cancer exams, dietary strategies and the nearest places to have mammograms. Organizations can also sponsor promotional giveaways and events, donation campaigns, or some type of community involvement.



March

Self Defence Workshop

A New Kind Of Perk For Your Women Employees!

Empower your women employees to know what to do to save their lives in a life-threatening situation.

Self Defence for Women is a highly specialised self-defence and empowerment workshop that is taught by a group of expert instructors. These workshops can provide effective self-defence training for the growing need of the social environment. Ideal for working women of all ages, these workshops can teach all of the basic components- awareness, prevention and physical responses. Indeed a great way for a company to show that it appreciates its employees and cares for their welfare.



Women's Day Celebrations

Recent years have seen a huge increase in the number of businesses around the world celebrating IWD. There is growing recognition that women's rights affect us all, and that we need to strive for more female representation at all levels of business. To celebrate this day

- Organise TED style talks by inspiring women
- Conduct an interactive session with health experts and let women understand that health is wealth and they can make a choice to live healthy by eating nutritious food and taking out time to exercise and meditate.
- Launch an initiative under corporate social responsibility for women's empowerment.



Hydration Challenge

As the weather starts to heat back up, focus on healthy hydration habits. Create water intake trackers for individuals, create a giant tracker to showcase your team-wide results, and offer intermittent rewards for participation. Encourage employees to chart the number of times they fill up each day and reward progress with promotional products such as a hydration backpack or infusion water bottle. Encourage employees to even take a pledge—perhaps to trade in that can of cola and opt for a cool glass of water, instead.



April

Take the stairs

This is an obvious choice if your office is on the fifth floor or below. But for those of you on the 30th floor, this one could be a little more challenging. Invite employees to take the stairs instead of the elevator every day for 30 days. Keep a chart at the top of the stairs where participants can put a checkmark next to their name for every day they take the stairs. For team members who take the stairs every day, reward them with a healthy catered lunch.



Zumba Session

In every office workspace, there are a lot of health issues associated with the lifestyle. Long working hours, irregular diets, stress, and pressure of deadlines can make anyone stressed. There are many ways to blow off the steam and reduce stress at the workspace.

Zumba is a dance form, which is considered one of the best stress busters for employees as well as a perfect workout regime. Those who are not comfortable with the machines in the gym will find Zumba a fun way to reduce stress and also shed some extra pounds. Zumba helps in toning overall body structure and reduces the pressure on joints as well. Overall, this is the perfect way to get your workforce in shape.



5-kilometre run

There are a wide range of opportunities to sign up for 5K runs, especially when the weather is nice. Setting a fitness goal like running a given distance can help employees get motivated to train. Employees can even download a running app to track their progress. Reward employees who participate by planning a party to celebrate their successful run, and invite them to challenge their peers, both within and outside of the company.



Yoga

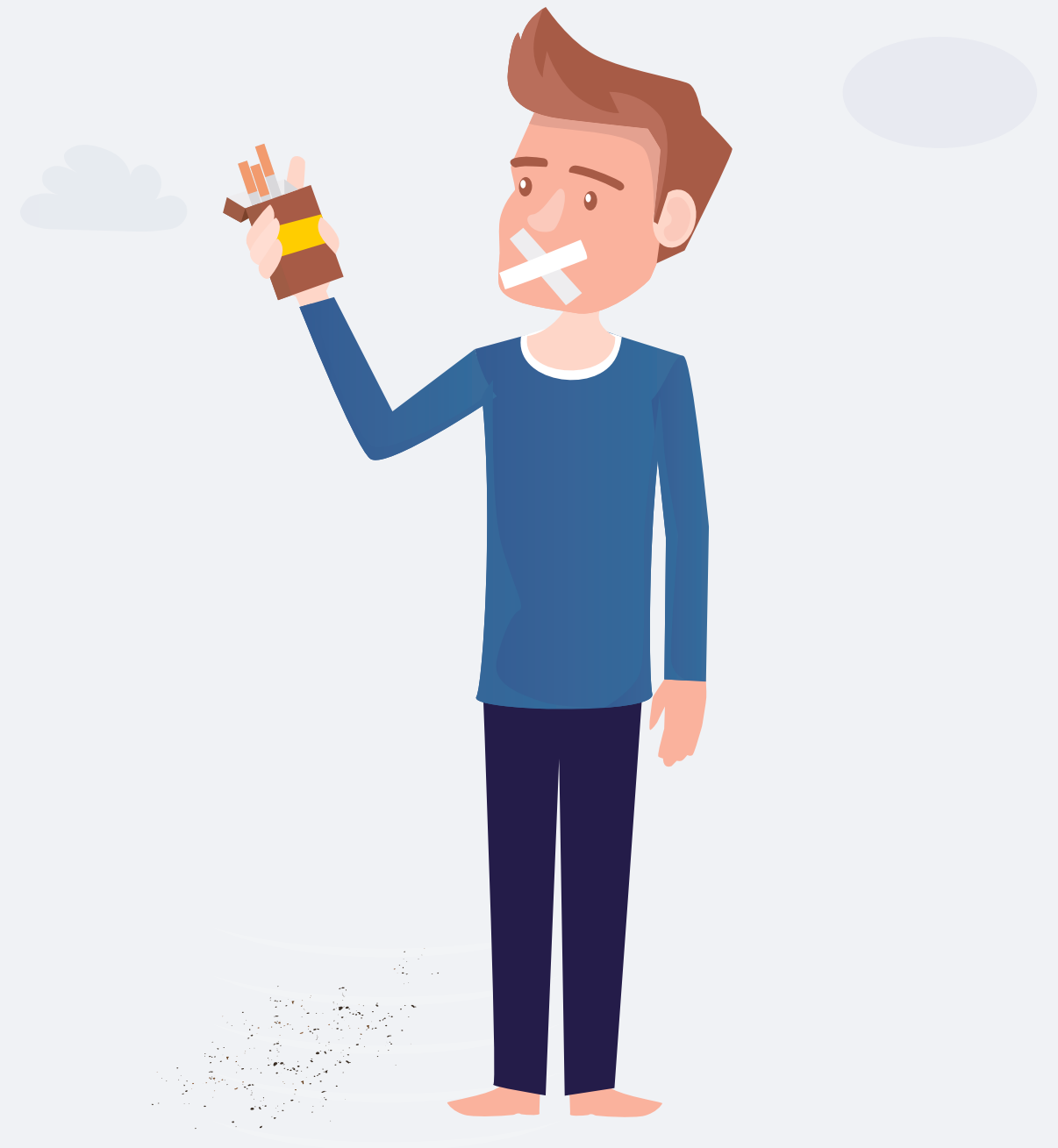
Wellbeing is the key to keeping your employees motivated. Corporate wellbeing programs have become a proven way for forward-thinking companies to boost morale and productivity throughout the day. Yoga classes in the workplace boost productivity, reduce sick days, increase mental clarity, combat fatigue, improve memory, strengthen the muscles, fight stress and increase workplace satisfaction. Whether it's a morning yoga session, a mid-afternoon therapeutic stretch or an after work wind down, plan and create a program that meets the needs of your company & your employees.



Health Talk - World No Tobacco Day

Take this opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

- Keep self-help guides and leaflets for giving up smoking around the office and workplace, so that employees have easy access to information
- Host a group class or course run by a professional.
- Promoting workplace health is increasingly being seen as a key responsibility for employers, and incorporating smoking cessation initiatives into a workplace wellness programme can help boost employee morale and also makes great business sense.



Tai Chi

Tai Chi program is a cost-effective way to improve the wellness of employees.

A gentle form of meditative exercise, Tai Chi has been proven to combat chronic diseases like diabetes and high blood pressure, conditions that are at near epidemic levels and result in huge healthcare costs. In addition to improving the outcomes of chronic diseases, Tai Chi strengthens the immune system and helps the body fight off colds, flus and viruses. These types of infections occur very frequently and account for absenteeism, which can be very costly to businesses.

Tai Chi is best offered as a voluntary activity for employees during break time or lunch time.



Dietician Consultation

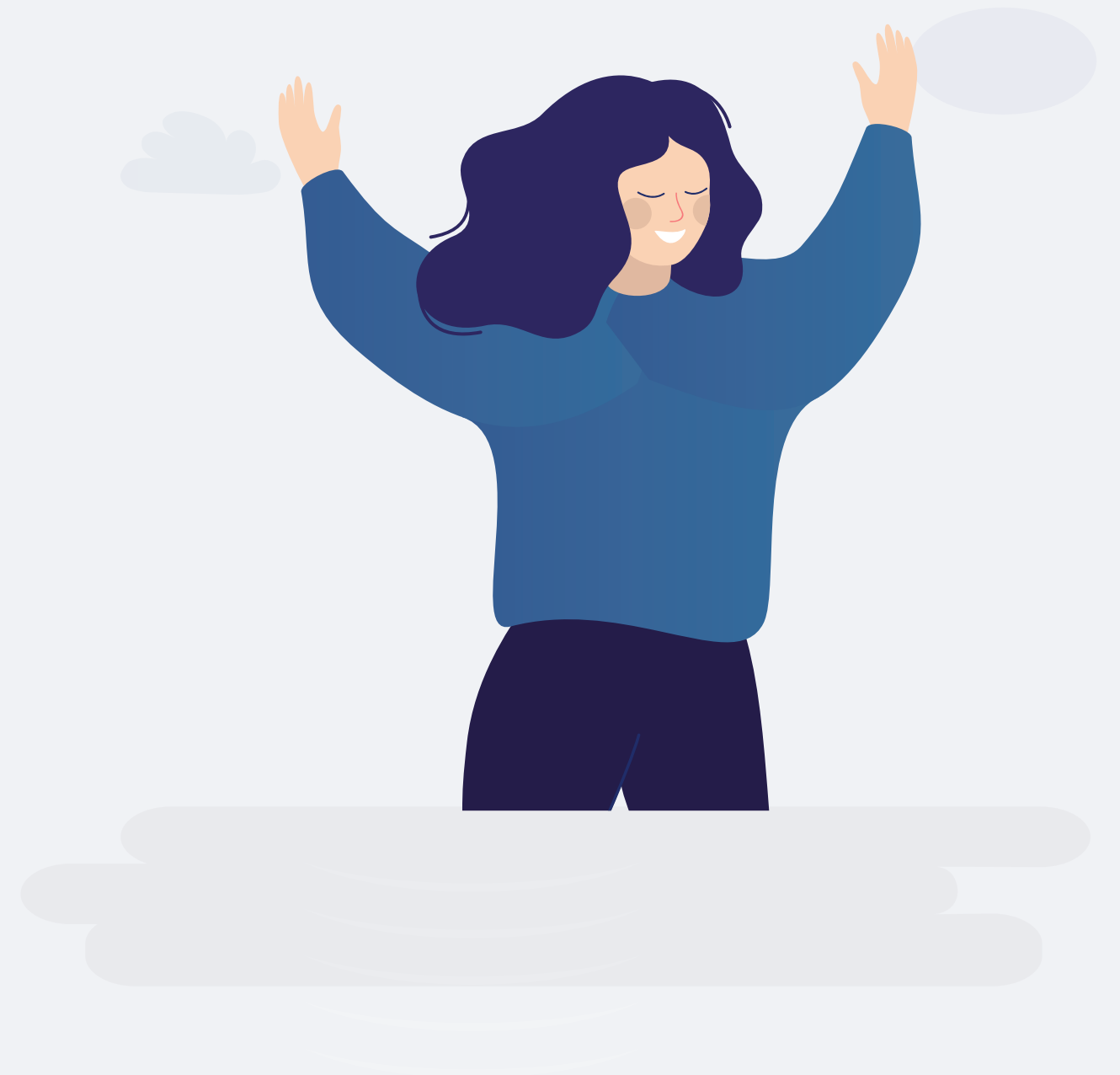
Encourage your employees to ditch those fad diets once and for all!

Dietician counseling is the most effective way to help employees with specific health concerns, such as digestion, cardiovascular health, blood sugars, sleep, pain and inflammation, anxiety, and fatigue. If organizations want to have the greatest impact, they can choose this program for their employees. On-Site Consultations at office location or Phone and Skype Consultations can be arranged for the employees.



Laughter Therapy Workshop

75% of the employees are tired during the day. A lunch time laughter session can help employees to re-charge, de-stress, boost energy levels, enhance creativity and productivity. This in-turn can aid in creating a happy, healthy and more productive workforce. Introduce your employees to Laughter Yoga - which involves getting together for about 20 minutes for the purpose of laughing for no reason at all. This is a great tool to relieve work stress, lower blood pressure, boost endorphins and put a buzz back into the workplace.



Health Talk - World Heart Day

It's a great time to mobilize your employees around a cause and remind them of the importance of workplace well-being. Here are a few handy ideas that you can use to engage your employees:

- Set Exercise Goals and Incentivise: If your workplace is particularly sedentary (i.e. desk-based), setting some small exercise goals can help get your staff moving, and even boost morale.
- Ban the Bad Snacks (and Celebrate the Good Ones)
- Host a Health & Wellbeing Event like health checks and health screenings.
- Train Your Staff in First Aid



The Salad Challenge

Salad Making Challenge is a quick and easy way to promote well-being in your workplace through proper nutrition. The goal of this program is to establish healthy habits in employees while accepting and accommodating differences in taste preferences and lifestyles. Challenge your employees to eat 1 salad a day every week for 1 month, to help make vegetables part of their new normal. Take this opportunity to encourage healthy, mindful eating habits that can be learned and reinforced at the office and then followed at home.



Lunch and Learn

Lunch and learn event is an opportunity for co-workers from different teams to meet and share their skills and expertise. It offers a sociable, collaborative alternative to traditional "top-down" or classroom-based learning. This makes a great way to foster a culture of learning and knowledge sharing in your organization. This can encourage teamwork and cooperation, and help to break down silos. As an incentive to attend, the food is normally paid for by the employer. But if an event has been set up at short notice, or if the employees prefer, people can bring along their own food instead.



Bring on the Game

Team-building activities that take place outdoors are popular. White-water rafting, ziplining and fishing are increasingly offered to corporate groups. A less expensive team-building idea is to plan a day at the local park. Prepare a potluck menu, and organize games of badminton, volleyball, baseball or touch football. Another good outdoor choice is to help your community by taking part in a local clean-up day at a park, playground or hiking trail.



Pack your lunch

Eating out is not only more expensive than making meals at home, but it can also be costly to your health. Restaurants tend to use more salt and sugar when cooking, and it can be hard to find healthy choices on the average menu. Challenge team members to pack their own lunches instead of eating out. Let them choose the number of purchased meals they'd like to replace with homemade ones, but a realistic suggestion is four days per week. That leaves one lunch open for "cheat days" or lunch meetings.

For a further incentive, reward employees who stick to their healthy eating goals with a gift card at the local organic grocer.



Weight Reduction Challenge

An office weight-loss challenge can foster engagement and teamwork, help to create a fun and social work environment, and will keep employees motivated.

Also, it's important to create your weight loss challenge in such a way that it does not encourage unhealthy behaviors and unfriendly competition. You should not just create a "Biggest Loser Challenge", where an individual who loses the most weight is rewarded, instead reward everyone participating in the challenge for their effort and dedication. The challenge can run over for a month.



Start a hobby

According to Psychology Today, having a hobby reduces stress, fosters social connection, and makes you more efficient at managing your time. So even if your wellness challenge isn't about diet and exercise, encouraging employees to cultivate new hobbies could have just as much of a positive effect on their wellness.

Ask employees to challenge themselves to start that hobby they've always thought about, like picking up an instrument or taking an art class. You can incentivize them by helping to subsidize the cost, or connecting them with other people who work in your organization who might have a similar hobby and getting them to challenge each other.



Tabata

Tabata is the new magic word for those employees who are in a hurry and want to get fit in just four minutes.

This training is diverse and challenges the whole body. Tabata is characterized by a very short and high-intensity training and alternates power sessions and recovery. For 20 seconds, the body requires maximum of power, followed by a 10-second pause. Usually 8 of these intervals are performed in 4 minutes.

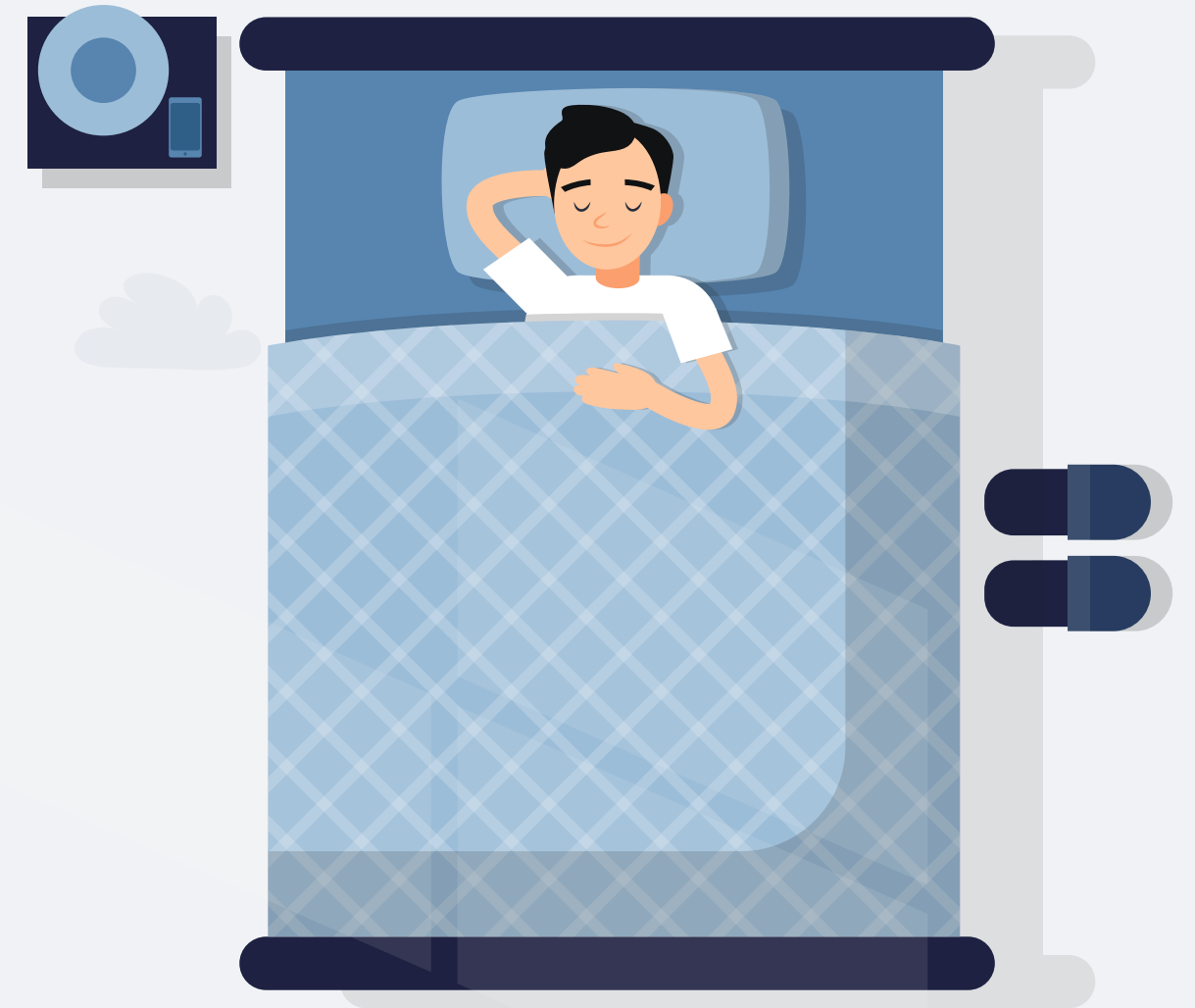
4-minute high-intensity Tabata training is just as effective as 60-minute endurance training on the crosstrainer. Training with maximum intensity in the shortest possible time increases the heart rate faster than would be the case with moderate endurance training. These activities boost morale and promote a fun and engaging culture, productivity, and drive to work will increase, naturally raising business profitability.



Sleep 7 hours

The consequences of not getting enough sleep are dire. Lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.

Create a sleep challenge at work: can you get 7 hours of sleep a night for 24 days straight? Reward winners with a cool sleep-related prize like one of these gadgets.



About ekinicare

ekincare is a patent-pending AI-powered integrated health benefits platform that enables organizations to monitor the health and well-being of the employees.

Trusted by fortune 500 companies like HUL, Barclays, Disney, FedEx etc. ekinicare redefines healthcare by being India's first personal health assistant using technology, analytics, and curated services.

Top Benefits of the platform

Annual and Pre-Employment Health Checks

Access to MBBS qualified doctors 24x7 via Chat

Access to GYMs, Yoga, and Crossfit sessions

Pregnancy Care and Disease management programs

Gamified Health Challenges - Initiate, track & close with one click

On-Site Events

Discounts on online medicines and same-day delivery

