



Fidson Healthcare Plc

WORKPLACE WELLNESS IN FIDSON

Did you know employee wellness is considered a potential high return on investment for employers due to rising healthcare costs?

In today's business environment, the health of the employee is often related to the health of the company. Increased job satisfaction, improved morale, reduced illness and injuries and increased productivity are just some of the benefits of having healthy employees.

More recently in Fidson healthcare plc, programs were designed by the management to assist employees to choose healthier behavior like being physically and mentally active through Campaigns to raise awareness, educational sessions to increase knowledge, opportunities to learn new health tips to make healthier choices and so on. This program focused on illness prevention and chronic disease management through self maintenance.

To take a stand against startling facts on ill health in recent times, Fidson has offered and will continue to offer workplace wellness programmes such as free hepatitis B screening, vaccination and health talk and free eye test for its members of staff in other to offset the rising costs of healthcare.

Aside from helping to improve the health of staff, this program will in turn do the following:

- ✓ Reduce absenteeism
- ✓ Control increasing healthcare cost
- ✓ Improve productivity
- ✓ Improve absenteeism
- ✓ Improve employee morale and retention.

What more can be said of a company that truly "values life".