

HEALTH & WELL BEING

Wellness Committee at Time Equities, Inc.

- Assess and identify health and well-being needs of employees by administering a companywide survey, create goals based on results, and offer actionable examples of outlined goals
- Foster a healthy, fair and rewarding work environment that enhances employee well-being
- Focus on areas such as holistic health and nutrition, mindfulness, smarter living diversity, employment benefits and perks, exercise and work-life balance
- Current examples of various initiatives include complimentary fruit to staff, flu shots, ergonomic standing desks, massages, lunch-and-learn speakers, subsidized fitness memberships and an employee lounge
- Motivate and promote activities that will help build the required skills to maintain a healthy lifestyle and in turn ultimately improve cost savings (e.g. fitness classes fitness challenges, cooking classes, art classes, etc)
- Put forward suggested policy recommendations on new and innovative health topics and ideas
- Build strong partnerships with various stakeholders who can help facilitate employees' health management (e.g. Human Resources, management, insurance providers)
- Continuously evaluate and improve the Wellness Committee by requesting feedback

