

WorkWell

WORKPLACE WELLNESS PROGRAM

CULTURE
byDesign
SUMMER CONSULTING |



*Culture doesn't change by chance.
It changes by design.*

A HEALTHIER TEAM. A STRONGER ORGANIZATION.

WorkWell is a year-round wellness program designed to inspire healthy habits, build connection, and encourage personal health ownership—one small step at a time. We make it simple, engaging, and rewarding.



When your people feel better,
they show up better—at work
and in life.

WHAT MAKES WORKWELL DIFFERENT



Engaging & Inclusive

Fun challenges and activities that encourage participation for all.



Simple & Doable

Small steps lead to big results—designed to fit real life.



Recognition & Rewards

Celebrate progress with points, prizes, and Accountability Week.



Healthier People, Stronger Culture

Builds energy, morale, and a culture where well-being thrives.

A YEAR-ROUND PROGRAM



Delivered **quarterly** with four seasonal workbooks filled with:

- Wellness education & monthly topics
- Fun activities & healthy habit challenges
- Tools for personal health ownership
- Motivation, encouragement & support



Wellness that Works.

FOR PEOPLE. FOR CULTURE. FOR RESULTS.

HOW WORKWELL WORKS

1



SIGN UP

Associates set a personal wellness goal for the year.

2



EARN POINTS

Complete activities, challenges, and healthy actions to earn points throughout the quarter.

3



ACCOUNTABILITY WEEK

At the end of each quarter, participants turn in their workbook to be entered in prize drawings.

4



CELEBRATE & REPEAT

New quarter, new focus, new opportunities to grow.

THE WORKWELL IMPACT



Improves
physical & mental
well-being



Strengthens
team connection &
engagement



Increases
productivity &
performance



Builds a culture
of health that
lasts

*Invest in what matters most—
your people.*

INTERESTED IN BRINGING WORKWELL TO YOUR ORGANIZATION?

Let's build a program that fits your culture
and supports your success.



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