



# HOW TO USE WELLNESS CREDITS

To Fund Mindfulness & Well-Being Programs



[www.stiramindfulness.com](http://www.stiramindfulness.com)



**A practical guide for organizations looking to support mental health, reduce burnout, and improve performance, without increasing budget.**





## WHY THIS MATTERS?

Many organizations invest in employee well-being, but often overlook resources they already have.

Wellness credits are provided through most health insurance plans to support preventive care, stress reduction, and workforce resilience.

Yet, these funds are frequently underutilized.



# WHAT ARE WELLNESS CREDITS?

Wellness credits (also known as well-being funds or health promotion dollars) are pre-allocated funds provided by health insurance carriers.

**They are designed to support initiatives that:**

- **Reduce stress and burnout**
- **Improve mental and emotional well-being**
- **Support preventive health**
- **Enhance employee engagement and productivity**

In many cases, these funds are already included in your benefits structure, meaning they can be used without increasing your budget.





# WHY DO ORGANIZATIONS USE THEM?

Organizations are increasingly prioritizing:

- Employee mental health
- Burnout prevention
- Sustainable performance
- Retention and engagement



## HOW YOU CAN USE THESE CREDITS?

Organizations commonly apply wellness credits toward:

- Group workshops
- Leadership development programs
- Burnout prevention initiatives
- Company-wide wellness experiences

STIRA provides all necessary documentation to support reimbursement or credit use.



Many employers receive wellness funding through providers such as:

- UnitedHealthcare
- Aetna
- Cigna
- Blue Cross Blue Shield

Availability varies by plan, but HR or Benefits teams can typically confirm eligibility with their provider.

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# 3 STEPS TO GET STARTED

## Step 1

Check with your HR or Benefits team to confirm if wellness credits are available

## Step 2

Identify the type of support your team needs (stress reduction, leadership support, burnout prevention).

## Step 3

Reach out to STIRA to explore programs aligned with your goals.





LET'S EXPLORE HOW THIS  
COULD WORK FOR YOUR  
ORGANIZATION\*.

\*Coverage and eligibility for wellness credits vary by employer and insurance plan. Organizations should confirm details with their insurance provider or benefits administrator.

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