

Are you investing in your most important asset — your employees?

Giving your employees the support and tools they need to maintain a healthy lifestyle, eat right, and stay fit is a great way to invest in the future of your business.

To help your employees get on a path to better health and to create a culture of wellness at your workplace, Republic Indemnity and Kaiser Permanente are offering these interactive tools and programs.

Wellness Survey

This short survey is a good first start to assess employees' interest in improving their health and willingness to participate in a worksite wellness program.

Workforce Resources

You'll find the tools you need to support weight management, tobacco cessation, mental health, and heart health. Includes tips for engaging employees in their own well-being and encouraging health in your workplace.

Healthy Meetings

Learn how to boost productivity by integrating low-cost, simple health habits into meetings. Explore ideas for healthy snacks, lunches, walking breaks, and easy stretches.

Team Wellness

Lead your employees to better health through teamwork. You'll learn how to build a workforce wellness team, and a step-by-step checklist will guide you through assigning key roles, setting wellness goals, and choosing your first wellness program.

Rest and Revive

Insomnia is linked to workplace accidents. This guide contains tips for getting better sleep, which can reduce stress and increase productivity.

Meal Planning

This book is filled with easy meal plans, which follow USDA nutritional guidelines and portion sizes. Mix and match healthy foods to create a delicious meal anytime!

Republic Indemnity®

Workers' Compensation Insurance Specialists



You can obtain these materials on our [website](#), or for a more personalized approach, send your request to RICALC@ri-net.com.