

2024 Employee Wellness Trends You Need to Know



MEGHAN M. BIRO



In the dynamic landscape of employee wellness, staying ahead of trends is crucial for supporting HR and talent management objectives. Here's an overview of the key trends and best practices shaping employee wellness in 2024:

Why should employers care about health and wellness?

- Most employees say **their well-being either worsened or stayed the same** in the [past year](#).
- Only **33% of employees** say they're engaged.

Employee wellness trends

1. **Evolution** - Wellness programs continue to evolve to support HR and talent management objectives
2. **Innovation** - The use of technology, flexibility, data and choice to deploy the latest innovations now
3. **Engagement** - The rising impact of employee well-being on engagement
4. **Meeting the need** - Meeting employee wellness needs with the right platform and offerings
5. **The right platform** - Choosing the right wellness platform to position yourself as an employer of choice

Employee wellness best practices

- Delivering fitness and wellness experiences to impact overall engagement as well as participation
- Fostering community and belonging (especially in remote and hybrid workforces)
- Investing in wellness platforms that go above and beyond steps challenges to support mental health-related issues, such as stress, loneliness, and more
- Meeting employees' individual needs with holistic well-being

The Power of FitOn Health

- All-in-one health and wellness platform
- 19,000+ employers and millions of members use FitOn Health

See the impact a corporate wellness program can have on your organization - let's chat! Contact sales@fitonhealth.com to get started.

