



## Thrive in 2025: Annual Wellness Planning

### Your Path to Workforce Well-being

A successful wellness strategy requires intentional planning. It is data-driven, measurable, has leadership support, and plan designed for your unique population.

#### Turn your wellness goals into actionable plans.

Any organization, no matter the size, can achieve a culture of well-being. It involves creating an environment that engages workers with a sense of purpose, reduces stress, improves resiliency, and allows them to work more productively and thrive in other areas of their lives.

Lay the foundation by getting leadership support and evaluating health and engagement data. Then, use that information to set measurable short and long-term goals, create or further empower your wellness champions, develop a communications strategy, and of course schedule events and activities. Having a cohesive strategy helps excite and encourage your workforce to get more engaged with their health. With proper resources, you will create a company culture where teams feel supported in their wellbeing and more engaged at work.

When leadership is involved and committed to well-being initiatives, approximately **90% of workers say they\***:

**feel more motivated at their job, and**

**are more likely to recommend their company as a good place to work.**

[\\*Workplace Well-being Linked to Senior Leadership Support.. New Survey Finds](#)



## What Others Are Doing:

Building a wellness committee can be as easy as leaning on your existing ERG/BRG's. This will bring diverse voices to the table — and you can leverage those perspectives to make sure the program meets the needs of all your employees. Plus, it will help you deliver strong, consistent messages across the workplace, leading to a more efficient and effective program.

[Use this wellness committee Toolkit to help create your team.](#)



### Resources for your Employees

[Achieving Your Goals](#)

[Health Goals Examples](#)

[Goal Setting](#)



### KP Member Specific Resources

[Health and Wellness Classes/Programs](#)

[Wellness Coaching](#)

[Get To Know Your Health](#)

*Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.*



### Strategic Planning Resources

[Worksite Health Survey](#)

[Strategies to Improve Your Employees' Health and Well-being](#)

[Healthy Lifestyle Program](#)

\*All kp.org information is available to view in Spanish or English depending upon user preference

Your feedback is important to us! Scan the QR code or click to complete a [short survey](#) about this newsletter.



## Other Resources

[Business Case for Safety and Health](#)

[Add More Activity to Your Day Without Changing Your Routine](#)

[Practicing Mindfulness](#)

