

# EMPLOYEE WELLNESS

Innovative Ergonomic Solutions offers a variety of benefits and programs for the wellness and well-being of employees.

Our benefits include employee and dependent coverage for medical, prescription, dental, vision, and life insurance. Also offered is short- and long-term disability for the employee.

There is an EAP (Employee Assistance Program) available to employees. This program can help with everyday issues like job pressures, relationships, and retirement planning to highly impactful issues like grief, loss or a disability. There are resources available for counseling, financial information, legal support and health and benefit services.

Also available is the WellWorks Program. This program offers a portal where employees can get information on various health and wellbeing issues. The Tobacco Cessation is available through this portal.

In addition to the Medical Benefits, our health insurance also offers a Healthy Rewards program which gives employees the opportunity to learn more about health issues including exercise, fitness, weight loss, healthy eating, and stress reduction.

Our production personnel are encouraged to participate in a stretching program prior to starting work. We also offer ergonomic desks and accessories for both home and office use.