

# Leverage Your Employee Health and Wellbeing Platform in your Workplace Response to Coronavirus (COVID-19)

## Communicate, Educate, Connect and Engage

Your health and wellbeing program can be a highly effective way to provide factual updates, improve health literacy, address concerns and communicate health events, with regards to COVID-19, and keep employees engaged during any disruption you may be experiencing.

1. Use the calendar functionality in your Virgin Pulse app to promote company communications, meetings or webinars about your plans to safeguard your employees for COVID-19.
2. Information is key right now. It's imperative that you provide factual and timely updates to all your employees, regardless of where they are. Use custom daily cards to better inform and further educate your population.
3. Promote healthy habits related to maintaining good health and hygiene — such as hand washing, wiping down surfaces in shared spaces and disinfecting commonly touched objects like mobile phones, computer mice and laptops — with custom habits.
4. Practicing healthy behaviors can help support your immune system to fight viruses. Launch a company-wide activity challenge to keep employees engaged and moving while they're working from home.
5. Leverage a promoted healthy habit challenge across your organization to encourage healthy behaviors. You can create your own or choose one from our library, such as stretching, mindfulness or reading, to help manage stress and engage your population with their wellbeing.
6. Mobilize your internal wellbeing champions to get the word out about daily healthy habits employees should be practicing and the best resources available to them.
7. Use daily cards to promote relevant programs to your population, such as telemedicine, health coaching, Next Steps Consult™, benefits concierge services or internal staff support.
8. Launch a custom survey to get the pulse on how your employees are feeling so you can respond in real time.
9. Help employees manage key stressors such as anxiety, sleep, nutrition and mental health by promoting and connecting them with relevant support, programs and benefits.
10. Visit the Client Resource Center for instructions and ideas on how to customize your communications to promote your response plan.

\*Virgin Pulse Clients: See the Client Resource Center for instructions and ideas on how to customize your communications to promote your response plan.