



Develop a culture of wellness in the workplace

Mpower workplace wellness solutions gives your employees the resources they need to reach a higher level of well-being. There are numerous benefits to promoting a culture of wellness amongst your employees, including:

- Reduced absenteeism
- Increased productivity
- Reduced health care costs
- Improved overall health of your employees
- Boosted employee morale

Through personalized wellness coaching, lunch and learns, health improvement programs, challenges and individualized nutritional, or tobacco cessation plans, Mpower offers the support needed for employees to take control of their well-being. The program is person-centric, engaging, customizable and effective.

Get Mpower for your employees today

At Methodist, we care about the people and workplaces that make our community great. We look forward to working with you to manage the cost of health care and foster healthier, more productive work environments.

For more information about our employer wellness solutions from Methodist Health System, please contact:

MpowerEmployers@mhd.com

