



Corporate Wellness Program – A Study with Special Reference to Accenture, Chennai

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Abstract

Corporate Wellness is among the most vital investments that a company can make. Businesses that start Corporate Wellness programs aren't only investing in the physical wellness, safety, and mental health of their employees. It is imperative that companies not only provide Corporate Wellness solutions for their staff members, but that they also maintain ongoing knowledge about safety and wellness techniques. Businesses need to keep up to date on health statistics and stay aware of ways to encourage specific wellness issues like use of tobacco cessation or weight loss. It's often helpful for a company to consult with physicians who participate in medical CME so that they're up to date with how they can assist their employees in maintaining wellness.

Key words: Corporate wellness, health, employees, physical wellness