

MINDFULNESS & WELLNESS FOR TOP EXECUTIVES

POWERED BY AEROBODIES

As part of our COVID-19 focus on the implications for employers, the workplace and wellness support services, Aerobodies has launched THE MINDWELL SUITE and Surge Support Services for CHOs, CXOs and HR Executives responsible for navigating the complexities of human capital requirements as a result of this sudden health pandemic. Our goal is to provide our clients with curated content, programs and resources to support the mental, emotional and physical wellbeing for teams and your network of employees. **To learn more visit our website at <https://www.aerobodies.com/surge-support/> For additional resources to support employee engagement, connection and health and wellness during and after the pandemic visit <https://www.aerobodies.com/mindwell-suite/>**

Category	Action Step	Timeframe	Stakeholders and Partners	Resources Required	Challenges	Cost	Status	Comments/Notes
Wellness Virtual or Facility Setup	Services needed for employees, ie. Software, devices, program solutions							
Health checks	Screening/health check entry stations							
Protective equipment	Distribution of all required protective gear, masks, etc., and instructions for use							
Orientation	Orientation for all workers, virtual or on-site, of all the new processes, procedures, rules							
Workforce Training	Provision of any training or reskilling necessary for existing jobs or redeployment							
WorkLife Culture Support	Setup employees with new software apps/technology, devices, etc.							
Wellness	Provision of employee wellness programs to include physical, mental, and financial elements							
Communications	Continual communications about mission and purpose, strategic plan, and tactical objectives							
Engagement	Creation/revision of efforts to determine, and take action on, the engagement level of workers on a regular basis							
Communications	Communications to connect and rebuild culture addressing layoffs/furloughs/compensation impacts, lost colleagues, affected families, etc., balanced with a solid plan for recovery and renewal and a positive focus on "green shoots" of recovery, celebration of milestones and, as they come, celebrations of "wins."							