

Martha Gagnon Health & Wellness Navigator

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WHO'S A.I.M. MUTUAL?

Industry: Monoline Worker's Compensation Insurer for all New England States.

Employee Count: 175

Office Locations: 2 (MA & NH)

Remote Workforce: 25% (before pandemic)

Wellness program launched in 2005.



MISSION & VALUES:

Vision:

The vision of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to provide an inclusive culture of "well-being" that encourages learning, growth and offers opportunities to empower our colleagues to live their best lives.

Mission:

The mission of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to offer a wide variety of opportunities in various formats that promote participation and empower our colleagues to lead a lifestyle of good health and overall well-being. We do this by providing ongoing access to numerous offerings that address the importance of physical activity, healthy eating, emotional wellbeing, community involvement, and a responsibility for our environment.



TIMELINE:

2009 Sporadic

Interest Based

Offerings

allowing for sustainable, 2014Metrics focused gathered wellbeing 2008 through opportunities 2019 for all Initial Offering 2010 Wellness HRA/Goals & Pandemic Committee objectives employees & (Tobacco requiring Cessation) Formed. families. created. innovation.

2015

Transitioned

into WBA to

ensure that

employee

needs & wants

were

addressed.

2013 Full-Time

Wellness

Coordinator

hired.

Strategic goals

2018 Yielding 75%

engagement in

wellness

offerings.



2020

Expanding our

efforts to

reach

employees

where they're

at through App

based

program.

IT WAS WORTH ALL THE EFFORT!!!











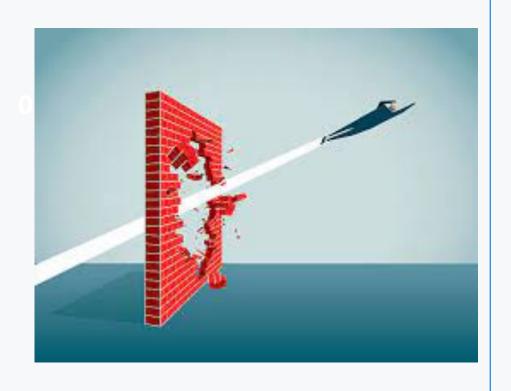
TODAY'S BARRIERS TO OVERCOME:

*COVID FATIGUE

*EMOTIONAL EXHAUSTION

*TIME, TIME, TIME!!!

* TRANSITION OF OFFERINGS





TODAY - WE ARE IN THIS TOGETHER!!!





THANK YOU

Martha Gagnon, Health & Wellness Navigator

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