

Employee Health Improvement Plan

Date: [Insert Date]

To: [Employee Name]

From: [Manager/Supervisor Name]

Subject: Health Improvement Plan

Dear [Employee Name],

As part of our commitment to fostering a healthy workplace, we have identified some areas for improvement concerning your health and well-being. This letter outlines a Health Improvement Plan tailored to support you in achieving your goals.

Objectives:

- Improve physical activity levels
- Enhance nutrition and dietary choices
- Reduce stress and promote mental well-being

Action Steps:

1. Participate in weekly fitness activities organized by the company.
2. Attend monthly wellness workshops focusing on nutrition.
3. Schedule regular check-ins with a wellness coach.
4. Utilize employee assistance programs for stress management.

Support Resources:

You will have access to the following resources:

- Onsite gym facilities and classes
- Health and wellness publications
- Access to health screenings

We believe that with the right support, you can enhance your overall health and well-being. Please feel free to reach out if you have any questions or need further assistance in your journey.

Thank you for your commitment to improving your health.

Sincerely,

[Your Name]

[Your Job Title]

[Company Name]

[Contact Information]