

Employee Wellness Check-in

Dear [Employee's Name],

I hope this message finds you well. As part of our ongoing commitment to support the health and well-being of our team, we want to check in on you during this time.

Please take a moment to reflect on the following questions:

- How have you been feeling lately, both physically and mentally?
- Are there any challenges you are facing that you would like to discuss?
- Do you have any suggestions on how we can further support you?

Your feedback is important to us, and we want to ensure that you have the resources you need to thrive. Please feel free to reply to this email or schedule a one-on-one meeting with me.

Thank you for being a valued member of our team!

Best regards,

[Your Name]

[Your Title]

[Company Name]