



Corporate Wellness Program Health Check

12-Point Audit for HR Leaders, Benefits Managers, and Workplace Wellness Decision-Makers

Most companies have *something* in place for employee wellness, but not all programs actually change how people feel, work, and collaborate.



A thriving workplace is more than just a list of activities; it's a positive workplace culture where wholebeing is embedded into daily life.

Wholebeing means supporting the wellbeing of the whole person—physical, emotional, relational, intellectual, and spiritual—and the whole organization, so it can operate as a sustainable, high-performing system.

This quick **12-question Corporate Wellness Program Health Check** will help you see where your current approach is strong and where small shifts could yield big results in productivity, engagement, retention, and long-term organizational health.

Score each statement from 1 (Strongly Disagree) to 5 (Strongly Agree) then subtotal and total your score.

Strategic Alignment

1. Our wellness program aligns with company culture and leadership priorities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. We can clearly measure how wellness impacts productivity, engagement, retention, and organizational sustainability.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SUBTOTAL

Burnout & Mental Health

3. Our program includes tools and training to prevent and address burnout.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. Mental health support is integrated year-round, not just during awareness months.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Engagement & Participation

5. At least 50% of employees participate in at least one wellness activity per quarter.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. We offer a wide range of options, so there's something for everyone.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Consistency & Delivery

7. Our program runs consistently all year, not just in short bursts.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. New activities and content are introduced regularly to keep engagement fresh.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Accessibility & Inclusivity

9. Activities are accessible to both on-site and remote employees.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. We consider diverse needs, interests, and abilities in planning activities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Integration & Support

11. Wellness integrates with other employee support resources (EAP, DEI, leadership) to reinforce positive culture.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. Our program adapts quickly to new challenges or organizational changes, maintaining continuity and resilience.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

TOTAL

If your score was below 48, there's untapped potential in both your program and workplace culture. Let's connect on a 30-Minute Corporate Wellness Strategy Session.

You'll review your Health Check results with Prasada's CEO + Wholebeing Architect, Alice Dommert, and take away 3 actionable steps you can apply immediately to improve engagement and strengthen culture at no cost.

 [Book My Free 30-Minute Corporate Wellness Strategy Session](#)