

Wellness Resources

For employees:

- Diabetes prevention program ([PEBB](#) | [SEBB](#))
- Living tobacco free program ([PEBB](#) | [SEBB](#))
- SmartHealth ([PEBB](#) | [SEBB](#))

For supervisors/managers/leaders

(Look under the “How do I promote” sections for ready-to-share resources):

[Diabetes Prevention for PEBB](#)
[Living Tobacco Free for PEBB](#)
[SmartHealth for PEBB](#)

[Diabetes Prevention for SEBB](#)
[Living Tobacco Free for SEBB](#)
[SmartHealth for SEBB](#)

Data

Studies show that when employees believe their employer cares about their well-being, they are likely to be more engaged, satisfied, and productive.

- 38% more engaged
- 18% more likely to go the extra mile
- 28% more likely to recommend their workplace as a great place to work

This means better employee retention, better productivity, and an overall better experience for both the employer and employee.

Source: [Workplace Well-being report](#)

