

EMPLOYEE WELLNESS

Build the Wellness Program That Works for You

Every business is different—and so are its people. That's why our Employee Wellness Program is designed to be flexible and customizable. Whether you're just starting your wellness journey or already have some elements in place, you can choose one, a few, or all six of our wellness pillars to complement what you're already doing.

We'll work with you to fill in the gaps, strengthen existing initiatives, and create a meaningful wellness experience tailored to your team.

Wellness Pillars

- Financial Wellness
- Physical Health
- Social Support
- Mental Health
- Safety & Security
- Personal Fulfilment

10% +

Companies with wellness programs see a 10%+ increase in employee productivity.

28%

Wellness initiatives can lead to 28% fewer sick days.
American Journal of Health Promotion

9%

of workers at companies with wellness programs are more likely to recommend their company as a good place to work.

63%

of employees say financial stress impacts their work performance.

400%

Every R1 invested in mental health support returns R4 in improved health and productivity.

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