IP BEST PRACTICES

Health = Money

A best practice shared by Karsten Wode.

Generated on 22 November 2026

Health = Money

Putting employee health at the basis of your company makes everything else run better, due to less sick-leave, better performance and wellbeing.

Key steps

There are various easy levers for companies to boost the health of employees that go beyond yoga classes and fresh fruit baskets. All areas of the employee's inner and outer environment should be covered: food, drinks, air, light, body, mind.

Train your health ambassadors in the company and get employees educated on the easy lifehacks and tricks of wellbeing and health.

Advanced health technology like BEMER, fresh restructured drinking water, ionized air, and correct light modules help employees reduce tiredness and boost wellbeing.

CONTACT

InspiringPeople

ADDRESS

Maliebaan 45

3581 CD Utrecht

The Netherlands

PHONE

+31 84 00 38 999

EMAIL

contact@inspiringpeople.com



“Inspire to engage”