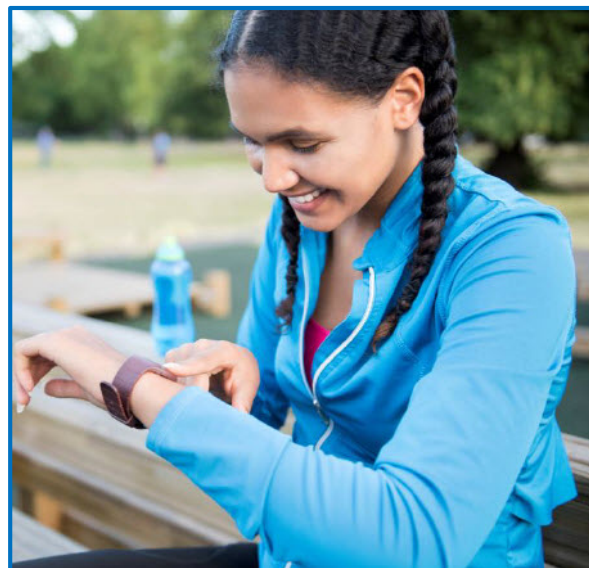




## Tech tips for employee well-being

A 2018 survey found that 45% of respondents felt technology either had a slightly positive or very positive effect on employee well-being. Technology and its role within well-being can range from apps and wearable devices to monitor and keep up with social groups, to online visits with your doctors and using online modules and portals to monitor your health. Technology companies now support many of the components of well-being, such as sleep, exercise and meditation.

Wearable technology has gone above and beyond an extension of your phone. They can make it easier to take small steps toward being more active with prompts to tell you when you should move or reinforce when you have moved. Wearables can usually be synchronized with well-being platforms to bring an even greater well-being impact to employers and employees. Depending on the information, or the platform, it's more data to feed back into improving the well-being culture. Mostly, well-being platforms can make it easier to offer and track incentives. They can also offer a host of educational materials, as well as well-being challenges or competitions.



Technology companies are heavily supporting diet and exercise as well-being initiatives. There are many:

- Nutrition apps
- Fitness apps
- Apps to help with virtual connections

In addition, some apps and portals are purposed around:

- Relaxation
- Sleep
- Hydration
- Financial well-being

Through our Blue365<sup>®</sup> member savings program, members can get discounts on a variety of well-being technology, such as eMindful and Tivity Fitness Your Way.

Sources: [bcbsm.com](http://bcbsm.com), [businessinsider.com](http://businessinsider.com)\*, [cnet.com](http://cnet.com)\*, [e-days.com](http://e-days.com)\*, [techmoran.com](http://techmoran.com)\*, *JMIR mHealth* and *uHealth*

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