

INTRODUCING ● **MAXIS WIT** (WELLNESS INTELLIGENCE TOOL)



MAXIS WIT helps you to calculate the savings you could make on future medical costs by implementing wellness programmes in the workplace. The tool was created by MAXIS GBN in partnership with actuarial consultants, and helps you quantify the impact that behaviour change could have on the health and productivity of your employees.

By targeting the health-related behaviours that have the worst outcomes, such as smoking, unhealthy eating or lack of physical activity, you could help your employees live healthier, happier lives, while driving your medical costs down and increasing the productivity of your workforce.

MAXIS WIT helps you to build the case for funding and implementing these targeted wellness programmes. Evidence suggests that caring for your employees' health and wellbeing is one of the best investments you can make in your business.

● **MetLife** and **AXA** in partnership



Encourage your employees to have these optimal health behaviours with wellness campaigns



Exercise

At least 30 minutes of mild, 20 minutes of moderate, 10 minutes of strenuous or five minutes of very strenuous exercise every day.



Healthy eating

Adopting a high-fibre diet and a healthy meal plan (low sugar, low salt), such as the Mediterranean or DASH (dietary approaches to stop hypertension) diet.



Sleep

Sleeping for seven to nine hours per day.



Smoking

Quitting smoking or continuing to live smoke-free.



Stress management

Participating in stress management programmes such as an educational workshop or a mindfulness practice.



Talk intervention

Participating in cognitive behavioural therapy, coaching, psychotherapy or other kinds of talk interventions.



Drug adherence

Taking the right medications on time, if prescribed by a doctor.

How to access MAXIS WIT

You can access MAXIS WIT through your OneClient online portal.

To register for an account, simply go to oneclient.maxis-gbn.com/register and fill in your details. Once we authorise your access to the portal, you'll receive an automatic email asking you to log in.

If you're already registered, go to oneclient.maxis-gbn.com and log in with your username and password.

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