



Martha Gagnon Health & Wellness Navigator

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WHO'S A.I.M. MUTUAL?

Industry: Monoline Worker's Compensation Insurer for all New England States.

Employee Count: 175

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Office Locations: 2 (MA & NH)

Remote Workforce: 25% (before pandemic)

Wellness program launched in 2005.



MISSION & VALUES:

Vision:

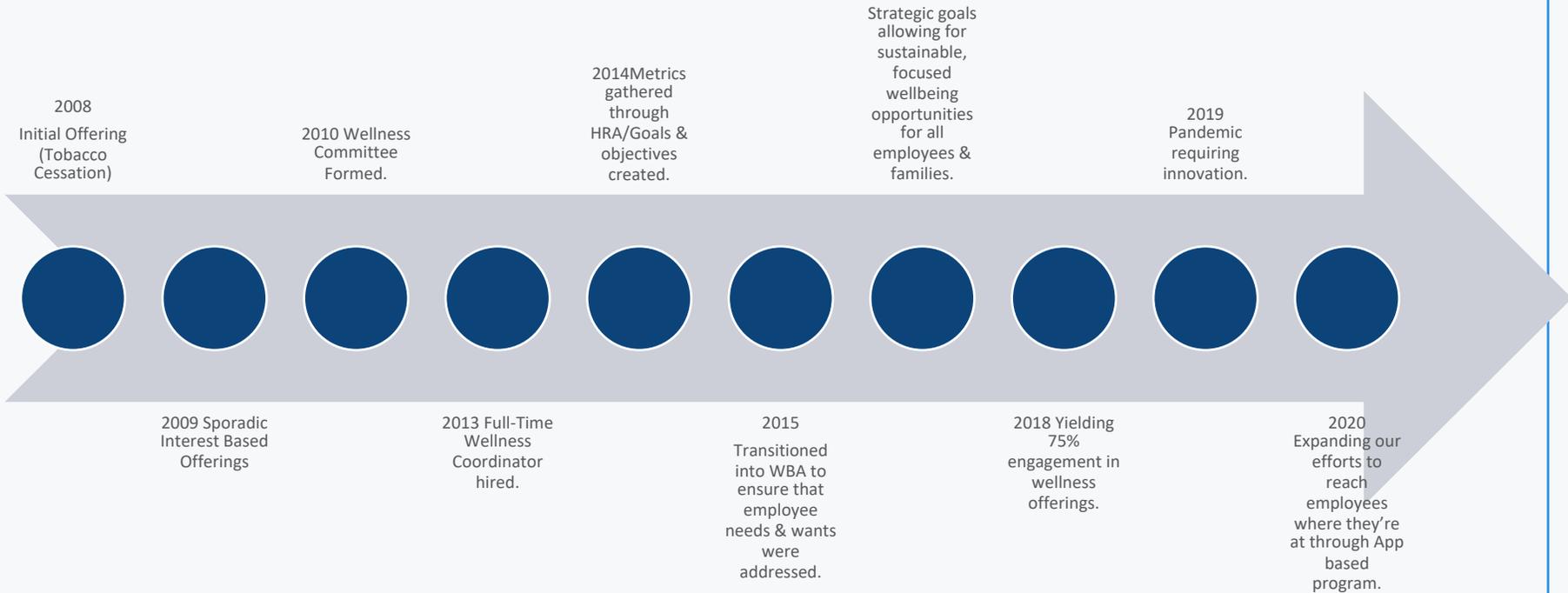
The vision of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to provide an inclusive culture of “well-being” that encourages learning, growth and offers opportunities to empower our colleagues to live their best lives.

Mission:

The mission of the Worksite Wellness Program at A.I.M. Mutual Insurance Companies is to offer a wide variety of opportunities in various formats that promote participation and empower our colleagues to lead a lifestyle of good health and overall well-being. We do this by providing ongoing access to numerous offerings that address the importance of physical activity, healthy eating, emotional wellbeing, community involvement, and a responsibility for our environment.



TIMELINE:



IT WAS WORTH ALL THE EFFORT!!!



CEO CANCER GOLD STANDARD

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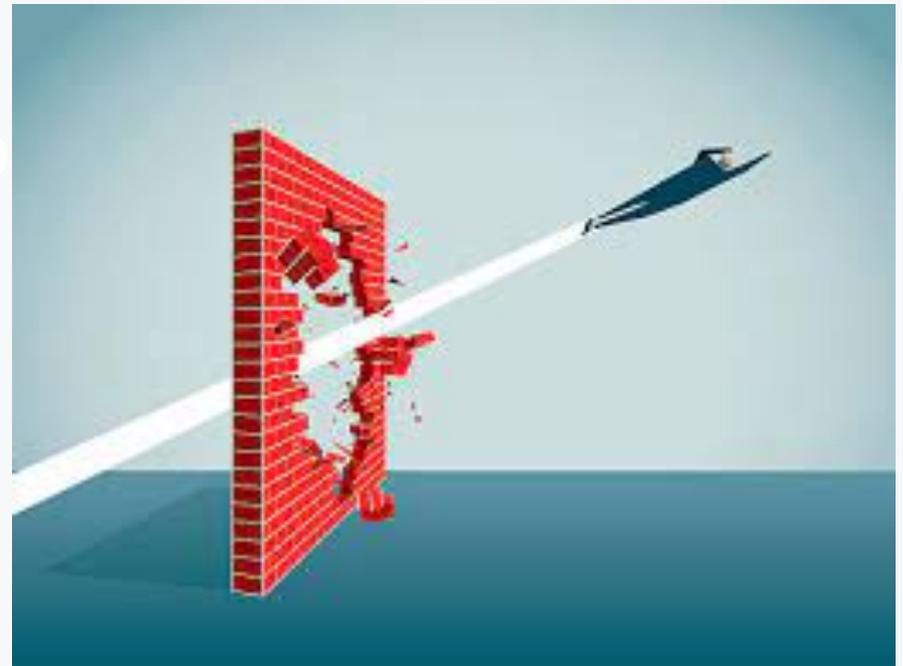
TODAY'S BARRIERS TO OVERCOME:

*COVID FATIGUE

*EMOTIONAL EXHAUSTION

*TIME, TIME, TIME!!!

* TRANSITION OF OFFERINGS



TODAY - WE ARE IN THIS TOGETHER!!!



