



ONE CARE CONNECT

Embrace 360° Care 24x7



CORPORATE WELLNESS

Mind Wellness Program

Prioritizing mind wellness not only contributes to a healthier work environment but also supports personal growth and professional success. At One Care Connect, we believe that fostering emotional wellness is essential for both individual and organizational well-being.



Mind Wellness Program		Care ₹ 1299/ Year per employee	Care+ ₹ 1699/ Year per employee	Care++ ₹ 1999/ Year per employee
1	Digital ABHA ID	✓	✓	✓
2	Personal Health Profile	✓	✓	✓
3	Personal Health Coach	✓	✓	✓
4 Initial Assessment				
	Basic Mental Health Screening	✓	✓	✓
	Mind State Examination	✗	✓	✓
	Detail Assessment	✗	✗	✓
5	Progress Report	✓	✓	✓
6 Consultations				
	Group Workshops & Webinars	6/Per Year	8/Per Year	12/Per Year
	Individual Counselling	4/Per Year	6/Per Year	8/Per Year
7	24/7 Helpline	✓	✓	✓
6	WhatsApp Support	Unlimited	Unlimited	Unlimited

Benefits to the Employees:

- ▶ **Confidential Counselling:** Access private, professional help for personal or work-related issues.
- ▶ **Better Work-Life Balance:** Encourages healthy boundaries between personal and professional life.
- ▶ **Stress Reduction:** Helps employees manage stress effectively, leading to better mind health.
- ▶ **Stronger Team Relationships:** Improves communication and teamwork, fostering better workplace connections.
- ▶ **Higher Job Satisfaction:** Creates a positive work environment, making employees feel valued.

Benefits to the Employers:

- ▶ **Team Management:** A mind wellness program enhances emotional intelligence, improving communication and conflict resolution among team members.
- ▶ **Reduced Absenteeism:** Encourages mind well-being, leading to fewer sick leaves.
- ▶ **Increased Productivity:** It reduces stress and boosts focus, helping employees work more efficiently. It keeps them motivated and energized, leading to higher productivity.
- ▶ **Lower Attrition Rate:** Creates a supportive work environment, boosting employee retention.
- ▶ **Positive Work Culture:** Fosters a healthy and motivated workplace environment.



Our Services

Welcome to One Care Connect's Performance & Productivity Program (PPP), a comprehensive initiative designed to enhance employee well-being, optimize performance, and boost productivity. Our program is tailored to meet the unique needs of your workforce, offering a range of services to support mind health & professional growth.



Assessments

We offer simple tests and surveys to help you understand your mind well-being



Group Workshops and Webinars

Secure online access to family health histories and consultation records for future reference.



Personal Health Coach

Offers personalized coaching sessions to help manage stress, build healthy habits, and maintain overall mind well-being.



WhatsApp Support

Provides 24/7 access to quick mind health guidance and support.



Tele health consultations

Ensures easy access to mind health professionals via video or phone calls for immediate, remote support.



Helpline:

A dedicated helpline for health-related queries.

Additional Services at Affordable Costs



Additional Offerings

Includes mindfulness workshops, stress management sessions, and resilience-building webinars to support ongoing well-being.



Individual Counselling

Offers one-on-one sessions with a licensed therapist to address personal challenges in a confidential setting. This service improve mind well-being and manage stress effectively.

PSYCHOLOGICAL TECHNIQUES AND THERAPY METHODS FOR EMPLOYEES

- ◆ Cognitive Behavioral Therapy (CBT)
- ◆ Mindfulness-Based Stress Reduction (MBSR)
- ◆ Solution-Focused Brief Therapy (SFBT)
- ◆ Motivational Interviewing (MI)
- ◆ Employee Assistance Programs (EAP)

A HEALTHY MIND FUELS A PRODUCTIVE WORKPLACE



For More Info

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In Compliance With

