



# Health And Wellness At Work

SEHG-HR-2541 · Business · approx. 10 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

## COURSE DESCRIPTION

Human Resources course covering health and wellness at work. Self-paced lessons with applied exercises.

## WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

## WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 12 course modules
- 10 instructional videos — 10 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English · Español

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

## MODULE MAP

- **Module 1 — Introduction**
  - Course Objectives
- **Module 2 — Definition of a Health and Wellness Program**
  - What is a Health and Wellness Program?
  - Productivity
  - Cost of Health Care
  - Costs of Absenteeism
- **Module 3 — Types of Health and Wellness Programs**
  - Health Behaviors
  - Health Screenings and Maintenance
  - Mental Health
  - Physical Injuries
- **Module 4 — Health Behavior Programs**
  - Increasing Physical Activity
  - Nutrition & Weight Loss
  - Tobacco Cessation
  - Substance Abuse Treatment
- **Module 5 — Health Screenings and Maintenance Programs**
  - Preventative Care Screenings
  - Cancer Screenings

- Annual Examinations
- Maintenance Programs
- **Module 6 — Mental Health Programs**
  - Stress Management
  - Support Groups
  - Counseling
  - Awareness & Education
- **Module 7 — Evaluate the Need**
  - Review Current and Previous Programs
  - Environmental Factors
  - Identify Common Health Conditions and Procedures
  - Review Company Information Pertaining to Employee Health
- **Module 8 — Planning Process**
  - Form a Health and Wellness Team or Committee
  - Define Goals
  - Budget
  - Programs and Policies
- **Module 9 — Implementation**
  - Get Management Support
  - Test It Out
  - Get the Word Out
  - Incentives
- **Module 10 — Create a "Culture of Wellness"**
  - Accessible Healthy Eating Options
  - Give Them a Break
  - Alcohol, Drug, and Smoke-Free Work Environment
  - Eliminate Hazards
- **Module 11 — Evaluate Results**
  - Check the Results
  - Employee Satisfaction
  - Revise Plans as Necessary
  - Share Achievements
- **Module 12 — Assessment**

## COMPLETION & CERTIFICATION

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Completion-based: a certificate of completion is issued after all course videos have been viewed.  
The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

## OFFICIAL SEHG CERTIFICATE

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Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

**Every certificate carries a unique credential ID — verify at:**

[SynergyEducation.AI/verify](https://SynergyEducation.AI/verify)

## SUPPORT, ACCESS & POLICIES

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- Support: [CEO@SynergyEducation.AI](mailto:CEO@SynergyEducation.AI)
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

## Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

**\$49 · SEHG-HR-2541 · SynergyEducation.AI**

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact [CEO@SynergyEducation.AI](mailto:CEO@SynergyEducation.AI).