



Promising Practices From Pioneering Employers: Case Studies Demonstrate Effective Use of Wearables as Part of a Broader Health and Well-being Initiative

This article summarizes case studies of four employers using physical activity trackers (wearables) as part of their wellness program. Each case study provides an overview of the organization, how they embedded wearables into a broader health and well-being initiative, methods used to encourage employees and spouses to participate in the initiative, how they evaluated their efforts, and lessons learned from their evaluation. Based on these four case studies, the article identifies several promising practices held in common among them.

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