

mPokket Launches Comprehensive Wellness Program on World Mental Health Day

Category: Health

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In celebration of World Mental Health Day, **mPokket** introduces a comprehensive wellness program in partnership with their medical partner, aimed at promoting holistic health and well-being for its employees. As the global focus shifts towards mental health, mPokket is taking proactive steps to foster a more supportive and health-conscious work environment, aligning with this year's World Mental Health Day theme, *"It is Time to Prioritise Mental Health in the Workplace."*

This comprehensive wellness program is designed to cater to the holistic well-being of employees, with an emphasis on mental health support. As part of the new program, employees will enjoy instant access to experienced medical [professionals across](#) 20+ specialties via video, voice, or text consultations. Additionally, on-call psychologists will be available to provide [mental health](#) support. The program allows employees to extend these benefits to up to six dependents at no extra cost. Significant discounts of up to 20% on medications and up to 40% on diagnostic services will be available, alongside annual full-body check-ups, including at-home sample collection for [convenience](#).

Speaking on the occasion, **Rajani Jalan, Director CSR & People Relations** said, "At mPokket, we believe that [employee well-being](#) is central to our success as an organization. We are dedicated to [ensuring that our team has the support](#) they need to thrive-physically, mentally, and emotionally. With this new

program, we are taking an important step toward creating a [culture](#) of holistic wellness, one that helps our employees prioritize their health and peace of mind.

The initiative reflects mPokket's commitment to strengthening a supportive workplace by [offering access](#) to both physical and mental health services, ensuring employees have the resources they need to maintain a balanced and healthy life. With headquarters in Kolkata and additional offices in Bengaluru, mPokket continues its mission to support its workforce through proactive and accessible [healthcare](#) solutions.