

Tackling Burnout in Corporate India: Happiest Health Announces a Free Trial of their Holistic Wellbeing Services

Category: Business

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Corporate India is facing increasing concerns over employee burnout, prompting organizations to seek effective wellness solutions. In response, Happiest Health has introduced a holistic wellbeing program, offering a 30-day complimentary experience to help companies address this critical issue. This program aims to enhance both physical and mental health, fostering a more balanced and productive workforce.



Arvind Krishnan, President & CEO, Wellness [Business](#), Happiest Health

As stress, unhealthy lifestyles, and long work hours take a toll on corporate [India](#), alarming health statistics paint a sobering picture with 30% of the population affected by diabetes or pre-diabetes and obesity rates climbing. Simultaneously, [mental health](#) issues such as anxiety, depression, and workplace burnout are becoming increasingly prevalent, eroding employee productivity and satisfaction.

[India's workforce](#) is amidst a wellness crisis. This reality underscores the need for organizations to [invest](#) in the physical and emotional wellbeing of their employees.

HappiZest by Happiest Health offers a comprehensive solution to help [businesses](#) address these growing challenges. By encouraging good lifestyle choices, the [program focuses](#) on achieving a healthier lifespan through exercise, meditation and healthy nutrition.

Why Choose HappiZest

Holistic Focus: Covers physical, mental, social, and financial wellbeing.

Disruptive Pricing: Affordable [plans for businesses](#) of all sizes.

Arvind Krishnan, President & CEO, Wellness [Business](#), Happiest Health, said, *"The alarming rise in lifestyle diseases and mental health issues among India's workforce highlights the urgent need for a comprehensive approach to employee wellbeing. At Happiest [Health](#), we believe that a healthier, happier workforce is the foundation of a thriving organization. With our HappiZest program, we aim to provide companies with the right tools to address these challenges by fostering physical, mental, social, and [financial wellness](#). By offering a **30-day free trial**, we're not just delivering a*

solution but inviting organizations to join a movement [towards sustainable](#) and impactful employee health.

What sets HappiZest apart is their holistic and innovative approach to corporate wellness, combined with disruptive pricing that makes it accessible to [businesses](#) of all sizes. The program is built to address the multi-dimensional aspects of employee wellbeing, from stress management and financial health to fostering strong social connections and improving lifestyle [choices](#).

This trial allows organizations to explore the [benefits of a structured wellness initiative](#) without any upfront cost. The [program is designed](#) to seamlessly integrate into workplace routines, ensuring that employees can easily adopt healthier practices.

Join the movement towards a healthier corporate [India](#) today!

About Happiest [Health](#)

Happiest [Health](#) is a global health & wellness knowledge enterprise promoted by Ashok Soota. Happiest Health provides credible and trustworthy health and wellness knowledge with [views from globally renowned experts](#) and doctors. The primary knowledge platforms are the daily newsletter, [knowledge website](#), monthly print magazine, and summits. The wellness division of Happiest [Health](#) caters to corporates to achieve optimal employee well-being, fostering a happier, healthier, and more productive work environment. The newest addition to Happiest Health's [offering is its diagnostics services](#). Happiest Diagnostics is committed to a patient-centric approach and cutting-edge technology, with an aim to be the most [trusted diagnostic partner in India](#).

Happiest [Health embraces scientific knowledge with a keen focus on medical](#) breakthroughs providing kinder, gentler therapies including cell-based treatments. It also has deep coverage of integrated medicine including ayurveda,

homeopathy, and naturopathy. Happiest [Health's](#) focus on wellness is holistic and energizing. Its Mission Statement is: "Better [Knowledge](#). Better [Health.](#)" [and convey its benefits](#) to all.

