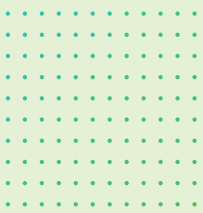




WELLBEING HUB

WELLNESS THAT WORKS

WWW.PRUDENTBROKERS.COM



INSIGHTS AND PERSPECTIVES

Introducing the inaugural edition of our wellness newsletter, showcasing our remarkable journey alongside esteemed clients we proudly collaborate with. At Prudent, we strive to be a seamless plug-and-play partner, facilitating holistic success by sharing invaluable insights from the industry's finest practices and brightest minds.

Wellness is the cornerstone of a fulfilling life, encompassing work-life balance, mental well-being, and preventive measures for physical health. Organisations globally have experienced rapid and transformative changes, including shifts in work dynamics, remote work arrangements, digital transformation, and restructuring of overall business operations, underscoring the paramount importance of holistic well-being.

In this edition, our objective is to delve deeper into the nuanced relationship between wellness and the field of insurance, exploring their multifaceted relationship. Our team of experts constantly strives to bridge the gap between insurance and holistic well-being with a two-pronged strategy of our initiatives, resulting in a notable reduction in policy premiums and employee claims.

A NOTE FROM PRUDENT'S WELL-BEING HEAD

We prioritise your well-being, delivering comprehensive insurance solutions that go beyond risk protection. Our offerings, from tailored health plans to innovative policies, support the overall wellness and financial goals of your organisation.



Mai Tlau

Corporate Health Risk Consultant &
Wellbeing Head
Prudent Insurance Brokers Pvt. Ltd.

Asia Insurance Industry Awards



WHAT SETS US APART!

This section highlights our recent accomplishments and initiatives that exemplify our commitment to promoting the wellness of individuals and organisations.



Effective Prudent Wellness Friday Webinar

Empowering participants on old tax versus new tax regimen

[Click here to watch](#)



Engaging Events with Unmatched Participation Countrywide

Going the extra mile covering the length and breadth of the country



Our Wellness Titan

Prudent's recently published whitepaper on infertility demonstrates our commitment to corporate wellness advancement. This comprehensive document provides valuable insights and guidance on the complex factors related to infertility challenges. Immerse yourself in this ground-breaking whitepaper by [clicking here](#).



INSPIRING CORPORATE WELLNESS JOURNEYS

Let's celebrate the remarkable stories of a healthier corporate world by taking inspiration from our partners' triumphs, challenges, and the lessons they've learnt along the way.



SYNOPSIS: CULTIVATING HEALTH AND BALANCE

Synopsys' initiative, 'Stronger Through Wellbeing,' promotes innovation and culture through holistic wellbeing, i.e., intellectual, physical, emotional, social, and financial wellness.



The South-Asia well-being portfolio, a carefully drafted plan, strategizes the best-in-class offerings for team members by developing an in-depth understanding of their needs and incorporating emerging industry trends. Ever since in action, Synopsys' well-being engagement scores on flexibility, and belongingness has drastically increased.

Wellbeing Carnival, awareness sessions on financial planning and mental health, and women-focused webinars are some of the most well-received initiatives along with building employee-led communities, South Asia recharge month, and employee-led welfare fund are the signature programs.

“We believe that the health and resilience of the people are directly linked with the health and resilience of the business. Wellbeing is a very celebrated charter globally at Synopsys and proving to be a solid catalyst in our ambition of becoming an \$8 Bn enterprise.”



Supriya Sharma
Regional HR Head - Synopsys India



**SYNAMEDIA:
NURTURING WELL-BEING**

We want Synamedia to be a great place where people can thrive both personally and professionally. To do that we have built a culture with the health and well-being of our team members, and their families, at its heart.

Our hybrid working practices, flexibility, and focus on the holistic health of our team members provide a supportive and inclusive environment to nurture healthy habits and foster a good work-life balance.

“By investing in our employee’s health and well-being, we aim to promote a happy, healthy, and safe work environment where our people can reach their full potential and do amazing things!”



Sunaina Bhola
Senior Manager, HR Operations & Shared Services
Synamedia



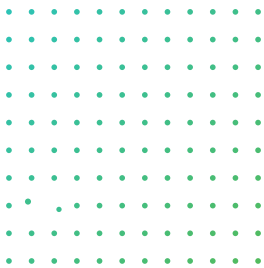
**BRITISH TELECOM:
FOSTERING A CULTURE OF
WELLNESS**

As an organisation, we believe, our business starts with our colleagues. Hence, creating an inclusive environment at the workplace paves the way to increased efficiency and productivity leading to cost-effectiveness.

“Some of the key callouts have been Zumba, Laughter therapy sessions, Cancer awareness, and many more that had been aligned to BT’s key theme. The onsite doctor camps and doctor visits also have been extremely helpful and appreciated by colleagues. For this year we have worked on an annual wellness calendar focussing on different themes keeping in mind the physical, mental, social, and financial well-being of our colleagues. Thanks to Prudent to help us curate and customise sessions basis our requirements.”



Supreet Wahee
Learning Manager, Wellbeing Lead
British Telecom (BT)



THE EXPERT TALK

Dr. Alok Khullar, an expert in healthcare, highlights the transformative impact of rapid technological advancements in the industry:



Telemedicine continues to be the norm, enabling individuals to consult doctors online



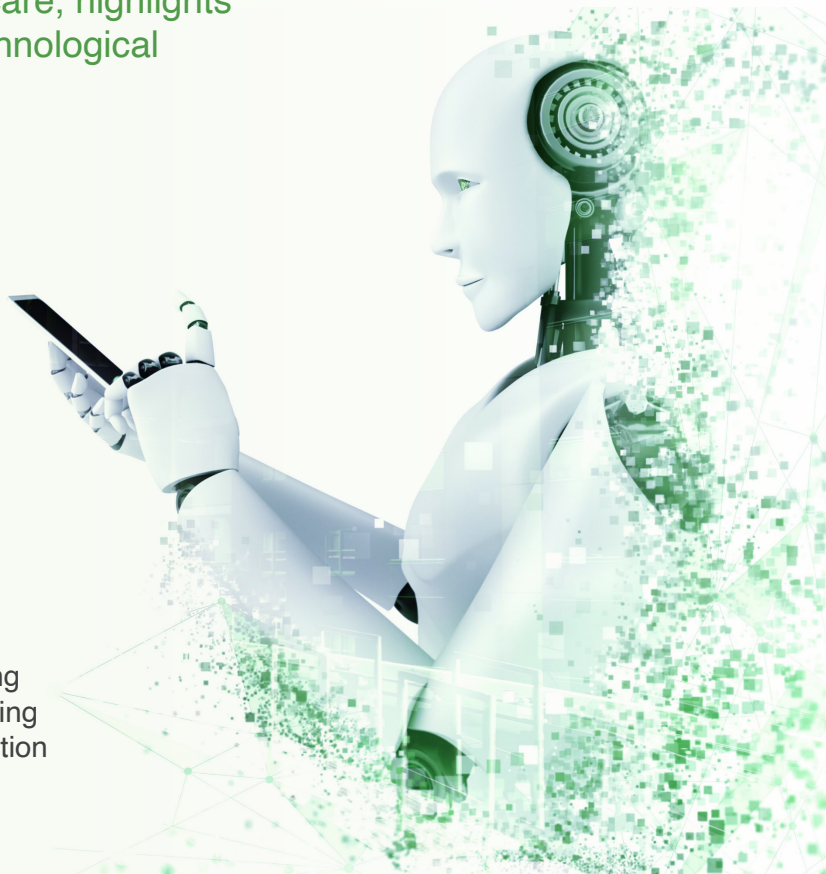
Technology enhances convenience offering accessible healthcare services



Advancement in surgical robots has revolutionised procedures, improving patient care



AI transforms diagnostics by analysing vast amounts of scanned data, enabling accuracy in diagnosis and cost reduction



THE ROAD AHEAD

With a successful year behind us, we are determined to utilise our expertise to improve the quality of life for the team members of our partner organisations. With a forward-thinking approach, we anticipate future trends and lead the industry towards a healthier future.



Empowering webinars on health insights:

Engaging sessions on health bio hacks and lifestyle disease management



Financial well-being initiatives:

Holistic well-being that includes financial health via informative webinars and expert talks on tax planning and saving



Exclusive gamified campaigns for healthy habits:

Leveraging gamification to encourage healthy habits, including invigorating health challenges and impactful blood donation drives



In-office health camps for comprehensive checks:

Promoting overall health through comprehensive health screenings, bone density assessments and combating digital eye strain

Prudent embodies excellence in the field of corporate wellness with value-added services, leading the way by facilitating transformations in workplace well-being. We have helped our clients conduct over 2,000 wellness programs as their wellness consultants and employee health risk managers. Stay captivated for our next edition, as we continue spearheading positive workplace wellness transformations.

**STAY CONNECTED
WITH PRUDENT**

✉ wellness@prudentbrokers.com





www.prudentbrokers.com



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CIN No.: U70100MH1982PTC027681 | License No. 291 (Validity: 18th February 2023 to 17th February 2026)

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Information furnished by others, as well as public information and industry and statistical data, upon which all or portions of this report may be based, are believed to be reliable but have not been verified.

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