

Case Study: Multi-Site Manufacturing Company (110 Employees)



Case Study 4: Multi-Site Manufacturing Company (110 Employees) Program Duration: 6 Months

Client Goals:

This multi-site manufacturing company wanted to reduce fatigue-related complaints, boost hydration compliance, and support overall employee health—without interfering with plant productivity.

The Challenge:

Many employees didn't see the value in wellness programs and weren't interested in traditional approaches. The company needed something that felt practical, accessible, and easy to integrate into daily routines—especially for shift workers.

Our Approach:

We implemented a 6-month program designed for frontline workers:

- Focused education on hydration, immune health, and snack planning
- On-site posters and print-friendly materials to boost visibility
- HR tools to track hydration and nutrition behavior shifts
- Encouraged real conversations around “feeling better,” not just numbers
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Key Moments of Change:

- **Week 1:** On-site posters and snack guide distributed at all plants
- **Week 4:** Managers noticed a drop in unscheduled breaks
- **Month 2:** Positive employee feedback about improved digestion and energy
- **Month 5:** HR reports fewer fatigue-related healthcare complaints

Employee Feedback:

“Even employees who didn't care about nutrition before were suddenly invested. We saw real behavior changes—without pressure.”

📊 Key Results:

- **Injury Recovery Time:** Reduced due to improved immune and digestive health
- **Hydration & Meal Compliance:** +60% after implementing snack planning and hydration education
- **Healthcare Claims:** 19% reduction in stomach-related visits and fatigue-related complaints
- **On-Site Feedback:** Employees reported “feeling better” and taking fewer unscheduled breaks

💬 Operations Manager:

“Even employees who didn't care about nutrition before were suddenly invested. We saw real behavior changes without pressure.”

Outcome:

Program expanded to two other plant locations.

Internal wellness champion program in development

HR team now integrating nutrition into plant-wide onboarding