

CORPORATE WELLNESS

Entry Level: Bachelor's Degree

Corporate Wellness involves creating and implementing health programs in corporate settings, designed to improve the health of the employees.

*The Bureau of Labor Statistics does not have information specifically on corporate wellness, so information for health educators was used. Please do additional research on this growing profession.

JOB REQUIREMENTS

What is the exact job title?

- Corporate Wellness
- Health Educator
- Wellness Coordinator

How do I become one?

- Obtain a bachelor's degree or higher in a health-related field.⁴
- (Optional) Get experience during undergraduate or graduate school.⁴
 - Shadow a professional, get hands-on experience, seek out opportunities.
- (Optional) Keep records of your experience/build a portfolio.⁴
 - Keep records of contact info of professionals.
 - Gather letters of recommendation.
- (Optional) Get certified as a Health Education Specialist.⁴
 - The National Commission for Health Education Credentialing offers the Certified Health Education Specialists (CHES) exam - however, you must qualify based on certain [educational requirements](#).
 - After you have had 5 years of experience, you can take the Master Certified Health Education exam (MCHES).
 - The exams are computer-based and consists of 165 multiple-choice questions.

What qualities do I need?

- Analytical skills: Health educators collect and analyze data in order to evaluate programs and to determine the needs of the people they serve.
- Instructional skills. Health educators should be comfortable with public speaking so that they can lead programs, teach classes, and facilitate discussion with clients and families.
- Interpersonal skills: Health educators interact with many people from a variety of backgrounds. They must be good listeners and be culturally sensitive to respond to the needs of the people they serve.
- Problem-solving skills: Health educators must think creatively about how to improve the health of the community through health education programs. In addition, they may need to solve problems that arise in planning programs, such as changes to their budget or resistance from the community they are serving.
- Writing skills: Health educators develop written materials to convey health-related information. Health educators also write proposals to develop programs and apply for funding.

1<https://www.bls.gov/ooh/community-and-social-service/health-educators.htm>

2https://www.payscale.com/research/US/Job=Wellness_Coordinator/Salary

3<https://www.rasmussen.edu/degrees/health-sciences/blog/working-in-corporate-wellness/>

4<https://www.nchec.org/news/posts/how-to-become-a-health-education-specialist>

TYPICAL WORK DAY

What do they do?

- While these jobs can vary greatly, health educators working in corporate wellness inspire healthy living in employees, giving them more satisfaction and incentive to stay with a company. They also save companies money by proactively preventing work accidents and medical conditions through various corporate health programs. These programs can be as simple as incentivizing employees to drink more water to more complicated back safety/training programs.³

Where do they normally work?

- Healthcare facilities, colleges, public health departments, nonprofits, private businesses, corporations.¹

What hours do they work?

- Most Health Educators work full time. Shifts vary by employer and location, but typically take place during regular daytime hours.²

BENEFITS

What is a typical salary in this field?

- BLS: In 2018, median pay was \$22.15/hour or \$46,080/year.¹
- Payscale: \$18.85/hour or \$44,557/year.²

Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)

- Medical: 76%²
- Vision: 57%²
- Dental: 68%²
- None: 22%²

GROWTH

What is the projected job growth?

- Between 2018 - 2028, job growth is projected to be 11%.¹

Last Updated: October 2019

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³<https://www.rasmussen.edu/degrees/health-sciences/blog/working-in-corporate-wellness/>

⁴<https://www.nchec.org/news/posts/how-to-become-a-health-education-specialist>