

The top 10 virtual and in-person work benefits (that people actually want!)

As the UK adapts their traditional ways of working, post-pandemic, to suit more flexible, hybrid work styles, business leaders have to rethink the ways they value their employees. Many companies will agree that people are their most important asset, and employee benefits are a key way of demonstrating their investment in their employees' health, happiness and future.

Great things happen when employees feel valued and supported; studies show that 9 in 10 employees feel more engaged and motivated to do their best when having this type of positive relationship with managers and coworkers.

The typical current benefits in the workplace, however, only serve the needs of the minority, being outdated, generic and difficult to translate to hybrid workplaces. It is important, thus, that benefit programs are tailored to individual teams and cultures, as well as reflecting the current changes in employee attitudes and ways of working.

Here are 10 of the top virtual and in-person benefits employees have chosen from Heka, the employee benefits platform:

1. Food delivery services

With the newfound importance of health to individuals, we found employees enjoying food delivery services, which can be delivered wherever they feel like working! [HelloFresh](#), for example, delivers a box of delicious recipes every week with the exact amount of ingredients needed to cook them at home; cooking healthy has never been so easy! [Mindful Chef](#) is another favoured option that is fresh and nutritionist designed. Delivered to employees' doorsteps with them in mind, whether they are vegan, dairy, gluten free.

2. Fitness accessories

Employees favour [FitBit](#) to help maintain physical fitness whether working remotely or in-the-office. This popular fitness brand has a family of products that help employees stay motivated and improve their health by tracking activity, exercise, food, weight and sleep.

3. Subscriptions to magazines employees will actually use

Whilst most magazine subscriptions are arguably outdated, mindful mags are a great and popular option post-pandemic for calming and de-stressing after a long day at work. [Breathe Magazine](#), for example, is a body-and-soul guide to a happier, healthier life including five sections - wellbeing, living, mindfulness, creativity and escape. Each issue includes beautiful illustrations, craft projects, and inspiring features such as how to achieve relief from stress, increase resilience and find greater happiness.

4. Workout equipment

Staying active and healthy is important no matter where employees are working, but most individuals do not have access to the right equipment. [EmFit Workout Kits](#), therefore, is a favoured option amongst employees. Emfit offers high class, quality equipment that can provide all body workout routines in the convenience of your own home.

5. Fitness and social sessions

Staying fit is not only important for physical and mental health, but can also be a great way to socialise and keep up with friends or co-workers. [One Element](#) is

made a top choice by employees, providing fit & social workout sessions to improve health and social confidence with various locations in public parks.

6. Plant delivery boxes

Employees enjoy caring for plants as a fun and easy way to brighten up their work or home spaces. Patch Plants are “plants made easy” – Patch helps employees discover the best plans for their space, delivers them to their door and helps them look after them.

7. Yoga and mindfulness

Yoga is a great way to relax and practice mindfulness to become attuned to your body and inner soul. EmaYoga is a favoured benefit by staff, as it offers a unique approach that encompasses the three main components of teaching style: Movement, Mindfulness and Meditation. It offers classes in various locations for beginners or more advanced students. Breathwork by Digme on Demand is another popular choice, offering a virtual alternative with live and on demand health and wellbeing classes online, from Cycle and Hit to Yoga and Wellbeing focused sessions.

8. Ways of managing stress

As placing more emphasis on our health has become evident post-pandemic, employees are favouring benefits which help them to stay positive and manage stress better. London Stress Centre is a top choice, providing classes, coaching, training and appointments to better understand and help stress, providing improved immunity, health and helping people achieve better balanced lives.

9. Relaxation products

Another popular choice is TRIP Products. It is the UK's leading premium CBD brand, providing CBD drinks and oils. TRIP is dedicated to sharing only the highest quality products, for relaxation and can help employees be their ‘best self’.

10. Access to mental health and wellbeing sessions

Ensuring sound mental health and wellbeing has become a top-priority post-

pandemic, and is just as important as physical health. Access to advice and courses is important to employees, and is evident in their favoured benefits. [Healing Clouds Therapy](#), for example, provides 1-1 online sessions with accredited therapists and online training courses, anytime, anywhere. Another great option is [Aura Health App](#). It helps to transform wellbeing, sleep, and general lifestyle with the personalised, all-in-one app for emotional health.

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