Human Resources

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Wellness at WHOI

Awareness - Education - Action

Because WHOI wishes the highest quality of life for our employees, students, and family members, we are making greater efforts to provide programs that promote wellness and a healthy mind, body, and spirit.

Wellness means different things to different people. For this reason, we strive to provide programs on a variety of topics including healthcare, financial planning, fitness, handling stress, and dealing with family issues. It is our mission to encourage members of the WHOI community to improve and maintain healthier lifestyles through awareness, education, physical activities, and a balance of work and family life.

We also believe that helping our employees, students, and their family members stay healthy is critical to controlling the rising cost of health benefits.

More Wellness Resources

» Blue Cross Blue Shield Resources
» Work, Life and Family Resources
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WHOI is the world's leading non-profit oceanographic research organization.
Our mission is to explore and understand the ocean and to educate scientists, students, decision-makers, and the public.