

Email 1 –

Subject: How Top Companies Cut Absenteeism and Boost Engagement—Here's How

Body:

Hi [First Name],

Are you struggling with absenteeism or low engagement at [Company Name]? We know how tough it can be to keep employees both **healthy and engaged** in today's fast-paced environment, especially in industries like [Industry].

At Newtrist, we've been working with companies just like yours to address these challenges head-on. Our clients have seen up to a **20% reduction in absenteeism** and a **15% boost in productivity** within a matter of weeks.

I'd love to share **5 actionable wellness tips** that are easy to implement and proven to get results. Just reply to this email, and I'll send them right over.

Looking forward to hearing from you.

Warm regards,

Vasanthi

Chief Nutritionist

Newtrist Nutritionist & Wellness

[Contact Information]

Email 2 – will be scheduling 3 days after first mail

Subject: Your Team Could Be 20% More Productive in Just Weeks

Body:

Hi [First Name],

Following up on my last email, I wanted to share how other companies in **[Industry]** have boosted productivity and reduced absenteeism with our programs.

For example, one of our clients in [Sector] experienced a **15% increase in employee energy levels** and a noticeable drop in absenteeism within just one month of implementing our wellness strategies.

I'm sure **employee well-being** is high on your agenda at [Company Name], especially as challenges like stress and productivity continue to grow. Let's set up a **quick call**—I'm happy to walk you through how we can tailor our program to deliver similar results for your team.

Would Tuesday or Thursday work better for you?

Or

- Do you have time this week for a quick call?
- Would sometime this week work for a quick chat?
- Let me know when you're free this week, and we can set up a quick call.

Best regards,

Vasanthi

Chief Nutritionist

Newtrist Nutritionist & Wellness

[Contact Information]

Email 3 – will be scheduling 2 or 3 days after previous mail

Subject: Are Wellness Strategies Missing from Your Workplace?

Body:

Hi [First Name],

I wanted to offer something exclusive to **[Company Name]** a **complimentary 1-hour wellness presentation** on **Nutrition, Detoxing, and Healthy Lifestyle Habits**.

This session will provide your employees with **practical, proven strategies** to boost their health, reduce stress, and improve productivity—exactly the kind of insights that can lead to a **20% reduction in absenteeism**.

It's the perfect introduction to our corporate wellness programs, designed not only to enhance employee well-being but also to deliver **long-term benefits** to your organization.

Let's set up a **quick call** to discuss how we can tailor this presentation to your team's needs. I'm looking forward to hearing from you.

Warm regards,

Vasanthi

Chief Nutritionist

Newtrist Nutritionist & Wellness

[Contact Information]

Email 1 – UPDATED EMAIL SEQUENCE

Subject: Struggling with Employee Absenteeism? Here's a Proven Fix

Body:

Hi [First Name],

Are absenteeism or low engagement affecting your team's performance at [Company Name]? We know how challenging it is to keep employees healthy and engaged in [Industry].

At Newtrist, we've been working with companies just like yours to tackle these issues. For example, one of our clients in [Sector] saw a **20% drop in absenteeism** and a **15% increase in productivity** within weeks of implementing our wellness strategies.

Would you like me to send over **5 actionable wellness tips** that you can start implementing right away to see similar results? Just hit reply, and I'll get them to you.

Looking forward to helping your team thrive!

Warm regards,

Vasanthi

Chief Nutritionist

Newtrist Nutritionist & Wellness

[Contact Information]

Email 2 –

Subject: Boost Your Team's Productivity by 20%—Here's How

Body:

Hi [First Name],

I wanted to follow up on my last email and share some results we've seen from other companies in [Industry].

For example, a [Sector] client experienced a **15% boost in employee energy** and a significant drop in absenteeism after just one month of implementing our wellness program.

I'm confident [Company Name] could see similar benefits. Let's set up a **quick 15-minute call** to explore how our tailored wellness strategies can help your team achieve these results.

Reply with YES, and I'll personally schedule the call.

Looking forward to hearing from you.

Best regards,

Vasanthi

Chief Nutritionist

Newtrist Nutritionist & Wellness

[Contact Information]

Email 3 –

Subject: Want to Improve Your Team's Wellbeing? Free Session Inside

Body:

Hi [First Name],

As a special offer for [Company Name], we're providing a **complimentary 1-hour wellness presentation** covering **Nutrition, Detoxing, and Healthy Lifestyle Habits** to companies that enroll in our program this month.

This session is designed to give your team **actionable strategies** to improve their health, reduce stress, and increase productivity—results we've seen improve absenteeism rates by up to 20%.

Let's get on a quick call to discuss how we can tailor this presentation for your team. **Reply with YES**, and I'll arrange a time that works for you.

Warm regards,

Vasanthi

Chief Nutritionist

Newtrist Nutritionist & Wellness

[Contact Information]