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(57) Abstract :
The present invention relates to a system (100) for employee wellness tracking and improving work-life balance. The system (100) comprises a wearable device (102), a data storage unit (104), and a monitoring unit (106). The wearable device (102) is configured to detect the abnormal condition of the health, stress level of the user and generate an alert on detection of the abnormal condition of the health of the user. The wearable device (102) comprises wearable unit wear, a central processing unit, and an alert generating unit. The monitoring unit (106) is operationally connected with the wearable device (102) and data storage unit (104). The monitoring unit (106) comprises a processor and a display unit. The present invention provides a system (100) and wearable device (102) for employee wellness tracking and improving work-life balance that can enhance current employee wellness.

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