

7 WAYS

YOUR EMPLOYEES' HEALTH & WELL-BEING HELP YOUR BOTTOM LINE

Why are more and more employers now offering wellness programs in the workplace? Is it all just hype? Or the latest trend? What's the bottom line to your business – and why should you care? Let's take a look.

1 SAVE MONEY

 **70% OF HEALTHCARE SPENDING STEMS FROM BEHAVIORAL AND LIFESTYLE CHOICES.**¹


 **3.2 MILLION DEATHS OCCUR GLOBALLY DUE TO PHYSICAL INACTIVITY – THE 4TH LEADING RISK.**²


 **80% OF JOBS REQUIRE LITTLE TO NO ACTIVITY.**²

 **FOR EVERY \$1 SPENT, WELLNESS PROGRAMS SAVE \$5.93.**⁹

2 IMPROVE PROFITABILITY


 **HEALTHCARE EXPENSES CAN COST YOU UP TO 50% OF YOUR ANNUAL PROFITS.**⁴

 **WORK-RELATED STRESS IS THE LEADING WORKPLACE HEALTH PROBLEM, RANKING ABOVE PHYSICAL INACTIVITY AND OBESITY.**⁵

 **MEDICAL EXPENSES FOR EMPLOYEES WITH HIGH STRESS ARE \$413 HIGHER PER YEAR THAN FOR THOSE WITH LITTLE TO NO STRESS.**⁶

3 INCREASE PRODUCTIVITY

 **PRODUCTIVITY LOSSES DUE TO ABSENTEEISM COST YOU \$1,685 PER EMPLOYEE PER YEAR.**⁵

 **52% OF EMPLOYEES SAY WELLNESS PROGRAMS INCREASE THEIR ENERGY AND MAKE THEM MORE PRODUCTIVE.**⁷

 **HAPPY EMPLOYEES ARE 12% MORE PRODUCTIVE THAN UNHAPPY WORKERS.**⁸

4 LOWER ABSENTEEISM

 **ABSENTEEISM COSTS DROP \$2.73 FOR EVERY DOLLAR SPENT ON WELLNESS.**³


 **COMPANIES WITH WELLNESS PROGRAMS SEE A 28% REDUCTION IN ABSENTEEISM.**⁹

5 REDUCE HEALTH COSTS

 **COMPANIES WITH WELLNESS PROGRAMS SEE A 26% REDUCTION IN HEALTH COSTS.**⁹

 **MEDICAL COSTS DROP BY \$3.27 FOR EVERY DOLLAR SPENT ON WELLNESS PROGRAMS.**³

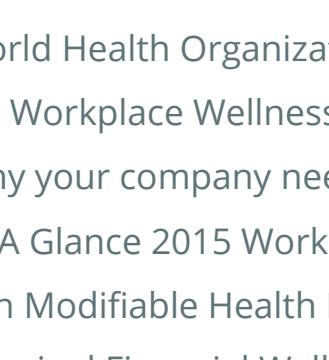
6 IMPROVE LOYALTY

 **40% OF EMPLOYEES SAY A WELLNESS PROGRAM WOULD MAKE THEM MORE LIKELY TO STAY WITH THEIR EMPLOYER.**⁷

 **41% OF EMPLOYEES ARE INSPIRED TO WORK HARDER AND PERFORM BETTER.**⁷


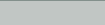
7 BOOST MORALE

 **77% OF EMPLOYEES SAY HEALTH AND WELLNESS PROGRAMS POSITIVELY IMPACT THE CULTURE AT WORK.**¹⁰

 **60% OF EMPLOYEES SAY WELLNESS PROGRAMS IMPROVE EMPLOYEE JOB SATISFACTION.**¹¹

Happy, healthy employees have more energy and experience less medical- and stress-related expenses, which has a direct impact on your bottom line. Learn more about benefits and programs that can help both your company and your employees.

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¹ National Association of Health Underwriters. (2015, June). Healthcare cost drivers white paper.

² World Health Organization fact sheet

³ Do Workplace Wellness Programs Save Employers Money?, Suzanne Ball, 2016, Workplace Testing.Com

⁴ Why your company needs a wellness program

⁵ At A Glance 2015 Workplace Health Promotion Using the Workplace to Improve the Nation's Health

⁶ Ten Modifiable Health Risk Factors Are Linked To More Than One-Fifth Of Employer-Employee Health Care Spending

⁷ Principal Financial Well-Being Index

⁸ University of Warwick study

⁹ TCFit.com Why Wellness

¹⁰ Virgin HealthMiles Inc. and Workforce Management Magazine survey

¹¹ Aflac Workforces Report 2016