

The Business of Healthy Employees

Modern life is depleting employees. They're overwhelmed and disengaged. The good news? To recharge workforces, employers are supporting a holistic approach to employee well-being — and businesses are reaping the benefits.

THE WAVE OF THE FUTURE

Building off early wellness programs that focused primarily on physical health, employers are expanding efforts to support all areas of employee well-being.



83% EXECUTIVES PLACE IMPROVING EMPLOYEE WELL-BEING AT THE TOP OF 2015 PRIORITIES

78% EMPLOYEE WELL-BEING PROGRAMS EXPANDING BEYOND PHYSICAL HEALTH TO OVERALL WELL-BEING

ADDRESS THE STRESS

With employees' stress levels on the rise, employers are supporting their people by adding stress and time management programs.



93%

EXECUTIVES AGREE WELL-BEING PROGRAMS CAN PREVENT EMPLOYEES FROM FEELING BURNED OUT

80%

EMPLOYEES PARTICIPATE IN WELL-BEING PROGRAMS TO REDUCE STRESS LEVELS

CULTURE CONNECTION

Employees are feeling positive vibes in the workplace because of their company's health and well-being programs. The result? Engaged, loyal, productive people.



88%

EMPLOYEES FEEL POSITIVE ABOUT THEIR WORK CULTURE

75%

EMPLOYEES SAY THEY'RE ENERGETIC AND PRODUCTIVE



64%

EMPLOYEES FEEL APPRECIATED AT THEIR CURRENT JOBS

58%

EMPLOYEES SAY THEY'RE ENGAGED AND LOYAL TO THEIR COMPANY

CAN YOU HEAR ME NOW?

Employers are continuing to evolve communications to make messages accessible and digestible for on-the-go employees.



42% INCREASING FREQUENCY OF COMMUNICATIONS

35% ADOPTING NEW COMMUNICATION CHANNELS

33% TESTING NEW TYPES AND STYLES OF COMMUNICATION

EMPLOYEES ARE YOUR COMPETITIVE EDGE.

Take care of them and they'll take care of your business. Recharge them by supporting all aspects of their well-being and you'll create a positive, engaged employee and a happier, more productive company culture.