

Why Wellness?



**Increase
Productivity**

Decrease Costs

Wellness programs are critical for company culture and productivity. They also decrease absenteeism, healthcare costs, insurance claims, and burnout.

By the numbers:

- Average **ROI** for employee wellness programs is **6:1**
- **72%** of employers see a reduction in healthcare costs with wellness implementation
- Modifiable health risks comprise **25%** of health care costs. Wellness can address these directly
- Companies that implement wellness programs have seen the following:
 - **66% productivity increase**
 - **50% decrease in absenteeism**
 - **63% increase in financial stability and growth**

From Employees:

- **82%** of employees say they consider wellness programs when choosing an employer
- Over **80%** of employees who participate in wellness programs say that they enjoy work
- **67%** of employees who work for a company with a wellness program are likely to recommend their company to others