

# THE TOP 8 REASONS TO FOCUS ON WORKPLACE WELLNESS

Need facts, figures and evidence to support your goal of workplace wellness?  
No problem! Below, you'll find 8 compelling statistics.

25%

Workplace health programs can reduce the average sick leave, health plan, workers' compensation and disability insurance costs by approximately 25 percent.<sup>1</sup>



Community involvement boosts company morale. 89 percent of workers surveyed think that companies that sponsor volunteer activities have a better working environment.<sup>2</sup>



Diversity contributes to financial performance. A study found that combining gender diversity with employee engagement increased financial performance by 46 to 58 percent.<sup>3</sup>



Consider implementing a career development program for your employees. A 2012 study from Aon Hewitt notes that career opportunities are the top driver when it comes to employee engagement.<sup>4</sup>



Solving financial problems reduces turnover. By providing financial wellness programs, 56 percent of employers saw improved retention.<sup>5</sup>



Reducing workplace stress reduces absenteeism. One million workers miss work every day because of stress.<sup>6</sup>



Promote workplace friendships. Having a friend at work makes you seven times more engaged in your job.<sup>7</sup>

\$300 billion

Reducing stress means saving money. U.S. companies lose \$300 billion each year because of workplace stress and the problems it causes.<sup>8</sup>

## What is Modern Workplace

Traditional workplace wellness programs focused on physical health. Modern wellness programs take a broader approach, focusing on the whole person.

### Wellness programs can include:

- ✓ Stress management
- ✓ Financial literacy
- ✓ Community engagement
- ✓ Volunteerism
- ✓ Career planning
- ✓ Social connectedness



WELLNESS  
WORKS

## READY TO LAUNCH YOUR WELLNESS PROGRAM?

Download the Wellness Roadmap at [wellnessworksdetroit.com](http://wellnessworksdetroit.com)

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8. Workplace Stress. 2018. The American Institute of Stress. Retrieved from <https://www.stress.org/workplace-stress/> on August 7, 2018.