

Why Worksite Wellness?

- Majority of adults spend approximately 36 percent of their total waking hours at work
- Employees are becoming overweight from poor eating habits and physical inactivity
- Heart disease, stroke, cancer and diabetes are all linked by common risk factors associated with poor eating habits, physical inactivity and tobacco use.
- Increased Productivity
- Improved Morale
- Decreased Absenteeism and Presenteeism
- Healthcare Cost Containment
- Improved Employee Health Status

As employers, it makes sense for us to get the most out of our employees by creating a work environment that supports and encourages good health. Healthy employees make healthy companies.

EMPLOYEES WHO IMPROVE THEIR HEALTH CAN...

- Improve their overall fitness and mental alertness
- Enjoy improved morale
- Reduce absenteeism and presenteeism due to sudden illness or chronic health issues
- Live healthier, longer lives.

Attending this Worksite Wellness Seminar will help you...

- Identify the strengths and weaknesses of your wellness and health promotion policies
- Develop an action plan to implement or improve your worksite wellness program

What's the hardest part of developing a worksite wellness program: Getting Started! Where do you begin and what do you do?

Your first step is to attend this Worksite Wellness Seminar and receive the knowledge of the benefits of a Worksite Wellness program and A Guide for Worksite Wellness.

Worksite Wellness FAQ

What is a Worksite Wellness Program?

An organized program to help employees establish healthier lifestyles. This can include increasing staff member awareness on health topics, providing behavior change programs, and/or establishing business policies that support health-related goals and objectives. Policies and programs that promote an increase in physical activity, tobacco use prevention and cessation, and healthy food selections are a few examples.

What is the Connection between Wellness and the Worksite?

Workplace Health Promotion Programs and Policies that promote healthy behaviors can have a major impact on employee wellness AND have an impact on the company's bottom line. Research indicates that for every dollar invested by businesses in Workplace Health Promotion Programs, there were savings ranging from \$1.49 to \$4.91 with the average wellness program ROI being \$3.14*. In organizational terms, that's more than a 3:1 minimum wellness ROI - a number that is difficult to ignore, and a best practice that should garner serious consideration from businesses. In fact, a Worksite Wellness Program literature review posted in Health Promotion Practitioner Journal found:

- 19 studies found a 28.3% reduction in sick leave
- 16 studies demonstrated a 5.6:1 return on investment
- 23 demonstrated a 26.1% reduction in healthcare costs
- 4 demonstrated a 30% reduction in direct healthcare and workers' compensation claims

There is little doubt that a Worksite Wellness Program targeted to meet a company's specific needs can save money by lowering absenteeism, lowering medical costs, lowering staff member turnover, and increasing productivity.