WHY CORPORATE WELLNESS WORKS

How are America's Corporations DEALING WITH DECLINING EMPLOYEE HEALTH AND RISING HEALTH CARE COSTS?

POOR HEALTH COSTS THE U.S ECONOMY

The average annual employer health insurance premium for family coverage **has doubled** since 2001 to **$15,073** in 2011 and is still rising.

Health-related **productivity losses** cost employers **$227 billion** per year.

Overweight or Obese Full-Time workers with chronic conditions cost businesses **$153 Billion** per year.

Research shows **50% of an individual's health status** is a result of behavior and **75% of healthcare costs** can be prevented or delayed through lifestyle changes.

7/10 causes of death in 2010 were from **Chronic diseases.**

Most of these diseases are driven by poor nutrition, physical inactivity, and smoking.

POOR EMPLOYEE HEALTH LEADS TO

Lost Productivity 45 million avoidable sick days every year

Lost Revenue $1,900- $2,250 in lost revenue per employee every year

50% of absenteeism is due to **stress and stress-related illnesses** including high blood pressure, heart disease, obesity, and back pain

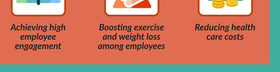
40% of job turnover is due to stress

EMPLOYERS ARE OFFERING WELLNESS PROGRAMS

% of firms with > 5000 employees offering some type of wellness program

- **91%** web- based health **living resources**
- **91%** smoking cessation programs
- **71%** gym membership on site fitness facility
- **70%** weight loss Program
- **64%** personal health Coach
- **63%** classes/seminars in nutrition and healthy living
- **57%** wellness newsletter

EMPLOYERS NAME 3 KEYS TO WELLNESS SUCCESS



Achieving high employee engagement

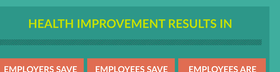
Boosting exercise and weight loss among employees

Reducing health care costs

EMPLOYERS ARE ACHIEVING ASTONISHING RESULTS

ROI for top-performing wellness programs can reach **600%** through reduced health care claims, increased productivity, higher morale and employee retention

For every $1.00 spent on health management programs, absenteeism costs fall by **$2.73**



For every $1.00 spent on health management programs, medical costs fall by **$3.27**

HEALTH IMPROVEMENT RESULTS IN

EMPLOYERS SAVE MONEY	EMPLOYEES SAVE MONEY	EMPLOYEES ARE HEALTHER
Fewer lost work days	Save money through reduced premiums	Manage chronic conditions
Fewer health care claims	Receive rewards for health improvements	Stay fit and lose fat
Change how they pay for care		Receive wellness services at their workplace

WANT TO IMPROVE THE HEALTH OF YOUR ORGANIZATION?

By creating a new culture of health and investing in the wellness of employees, you can improve productivity, boost employee morale, decrease healthcare costs, and can potentially increase the profitability of your company. Learn how we can help you get started.

References

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ONE STOP WELLNESS

www.onestopwellness.org