

## Top 5 Workplace Wellness Benefits

### 1. **Powerful Productivity**

Taking advantage of wellness programs offered at work not only help employees succeed more during work hours, it will give them more energy and patience for their home and personal life leading to a happier and balanced life.

### 2. **Away with Absenteeism**

Wellness Programs have had a lasting impact on the cost of sick leave. Through education, training regimes and lifestyle management these types of programs have considerably reduced the cost of sick leave. Studies show the main preventable contributors to employee absenteeism are: Depression (66%), Stress (60%), Negative Relationship with Supervisor or Manager (44%) and coworker conflict (28%)

### 3. **The Morale Message**

Statistics show that a healthy organization increases employee morale, improves the ability to attract and retain key people, all while having more alert and productive employees. Company loyalty means reduced costs in terms of recruitment and turnover. This also makes for a more harmonious working environment.

### 4. **Dollars Saved**

For well over a decade, research has been showing the effectiveness of Employee Wellness Programs. For every dollar spent on a Corporate Wellness Program, the returns have been cost savings of between \$2.30 and \$10.10 in the areas of decreased absenteeism, fewer sick days, reduced WSIB/WCB claims, lowered health and insurance costs, and improvements to employee performance and productivity.

### 5. **Raving Responsibility**

An Employee Wellness Program indicates to employees that the company cares about their well-being. While it is common knowledge that these programs benefit employers, the benefits are mutual. A well taken care of employee feels an affiliation with the company, they develop a level of responsibility associated with their work. This type of attitude within the work place is invaluable. An employee that feels like the company takes an interest in their wellbeing and health will take an interest in performing to the best of their ability.