



Organizations Support Employee Well-Being Programs to Promote Healthy Living and Curb Rising Health-Care Costs

Be a Part of Employee Well-Being Month #EWM16

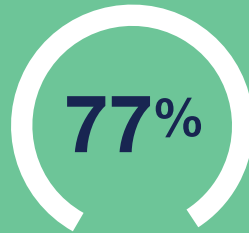
Reasons Companies Offer Well-Being Programs



Improve Employee Health



Decrease Medical Premiums and Claims Costs



Perceived Value to Employees



Increase Employee Engagement

Top 5 Utilized Well-Being Programs



Physical Health-Risk Assessment



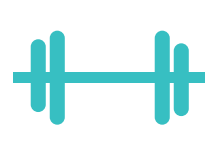
Workplace Safety



Flexible Schedules



Encourage Time Away from Work



Physical Fitness (Exercising)

Incentives Boosts Employee Participation

A circular gauge showing 64%.

64%

of companies offer incentives for physical health-risk assessments (biometrics, physical fitness).

A circular gauge showing 70%.

70%

of Organizations Communicate their well-being programs throughout the year.

Effective Employee Well-Being Programs Help Lower Voluntary Turnover