

roi on employee wellness programs

The ROI on Employee Wellness Programs: A Deep Dive into Profitable Wellbeing

Are you tired of hearing about employee wellness programs but unsure if they're worth the investment? You're not alone. Many businesses hesitate, questioning whether the cost justifies the potential benefits. This comprehensive guide will dive deep into the Return on Investment (ROI) of employee wellness programs, offering concrete examples, compelling data, and actionable strategies to help you determine if—and how—a wellness program can boost your bottom line. We'll explore not just the financial returns, but also the often-overlooked qualitative impacts that contribute to a significant overall ROI.

Understanding the Tangible ROI: More Than Just a Healthy Bottom Line

When we talk about ROI on employee wellness programs, we're not just talking about a simple equation. It's about understanding the multifaceted impact on your business. Let's break down the key areas where you can expect to see a return:

1. **Reduced Healthcare Costs:** This is often the most compelling argument. A healthier workforce translates directly to lower healthcare expenses. Wellness programs that encourage preventative care, such as health screenings, vaccinations, and smoking cessation programs, can significantly reduce claims for chronic illnesses like heart disease, diabetes, and cancer. Data consistently shows that employees participating in wellness programs have fewer doctor visits and hospital stays, leading to substantial cost savings for your company's insurance premiums. Consider implementing programs that incentivize preventative screenings and healthy lifestyle choices.
1. **Increased Productivity and Engagement:** A healthy employee is a productive employee. Wellness initiatives can boost morale, energy levels, and overall job satisfaction. Programs that promote physical activity, stress management techniques (like yoga or mindfulness), and work-life balance contribute to a more engaged workforce. This heightened engagement translates to improved performance, reduced absenteeism, and higher quality of work. Think about offering flexible work arrangements, on-site fitness facilities, or even paid time off for wellness activities.
1. **Decreased Absenteeism and Presenteeism:** Sick days are costly. Wellness programs actively address the root causes of absenteeism by promoting healthy habits and providing resources to manage stress and prevent burnout. Furthermore, they mitigate "presenteeism," where employees come to work sick but are less productive. By focusing on proactive health management, you can reduce the number of sick days and improve the overall productivity of

your employees while they're at work. Consider tracking absenteeism rates before and after implementing a wellness program to quantify the impact.

1. **Improved Employee Retention:** In today's competitive job market, attracting and retaining top talent is crucial. Investing in employee wellbeing demonstrates that you care about your employees' overall well-being, making your company a more desirable place to work. This, in turn, reduces turnover costs associated with recruiting, hiring, and training new employees. A strong wellness program becomes a powerful recruitment tool, attracting candidates who value a holistic approach to their career.
1. **Enhanced Company Reputation and Brand Image:** A commitment to employee wellness often translates to a positive company image. Potential clients and investors view companies with robust wellness programs as socially responsible and forward-thinking, enhancing your brand reputation and potentially attracting more business. This intangible benefit contributes significantly to the overall long-term ROI. Highlight your wellness initiatives in your marketing materials and employee testimonials to showcase your commitment.

Measuring the ROI: Strategies for Effective Tracking

Measuring the ROI of your employee wellness program requires a strategic approach. Don't just rely on anecdotal evidence. Implement these key strategies:

Establish Baseline Metrics: Before launching the program, collect data on healthcare costs, absenteeism rates, productivity levels, and employee satisfaction. This baseline will provide a benchmark against which to measure future improvements.

Track Participation Rates: Monitor the number of employees participating in different aspects of the program. Identify areas with low engagement and explore ways to improve participation.

Utilize Surveys and Feedback: Regularly solicit employee feedback to gauge satisfaction and identify areas for improvement. Use surveys to measure changes in stress levels, energy levels, and overall wellbeing.

Analyze Healthcare Claims Data: Work with your insurance provider to analyze changes in healthcare claims costs before and after implementing the program.

Calculate Return on Investment: Use a cost-benefit analysis to compare the cost of the wellness program to the savings generated from reduced healthcare costs, improved productivity, and decreased absenteeism.

Beyond the Numbers: The Qualitative ROI

While quantifiable metrics are essential, don't overlook the qualitative benefits. A thriving company culture, increased employee loyalty, and a stronger sense of community are invaluable assets that contribute significantly to the overall ROI. Happy, healthy employees are more likely to be engaged, innovative, and committed to the success of the company.

Conclusion:

Investing in employee wellness programs isn't just about altruism; it's a strategic business decision with a demonstrable return on investment. By carefully planning, implementing, and tracking your program, you can reap significant financial and qualitative benefits, leading to a healthier, happier, and more productive workforce. The ROI is multifaceted, extending beyond reduced healthcare costs to encompass increased productivity, improved employee retention, and a stronger company culture. Don't underestimate the power of a well-designed employee wellness program to transform your business.

FAQs:

1. How much should I budget for an employee wellness program? The budget depends on your company size and the specific programs offered. Consider starting small with a few key initiatives and gradually expanding based on results and feedback.
1. What are the most effective types of wellness programs? Effective programs are those tailored to the needs and interests of your employees. Consider offering a mix of options including physical activity programs, stress management workshops, healthy eating initiatives, and financial wellness resources.
1. How long does it take to see a return on investment? The timeframe varies depending on the program and your company's specific circumstances. However, many companies start seeing positive results within a year or two.
1. How can I measure the impact of my wellness program on employee morale? Use employee surveys, feedback sessions, and observation to assess morale changes. Look for improvements in employee engagement, job satisfaction, and overall workplace atmosphere.
1. What if my employees don't participate in the wellness program? Promote the program effectively, highlight the benefits, and address any concerns or barriers to participation. Consider offering incentives or making participation voluntary to encourage engagement.

investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

roi on employee wellness programs: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

roi on employee wellness programs: *The Future of the Public's Health in the 21st Century* Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

roi on employee wellness programs: The Healthy Workplace Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick

themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, *The Healthy Workplace* proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

roi on employee wellness programs: *ACSM's Worksite Health Handbook* American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of *ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies* connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of *ACSM's Worksite Health Handbook* includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. *ACSM's Worksite Health Handbook, Second Edition*, has the following features: -An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs -A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship -Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning -A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs -An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside *ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition*. The e-book for *ACSM's Worksite Health Handbook, Second Edition*, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit

editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

roi on employee wellness programs: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

roi on employee wellness programs: Cracking Health Costs Tom Emerick, Al Lewis, 2013-06-07 Cracking Health Costs reveals the best ways for companies and small businesses to fight back, right now, against rising health care costs. This book proposes multiple, practical steps that you can take to control costs and increase the effectiveness of the health benefit. The book is all about rolling back health care costs to save companies and employees money. Working hand-in-hand with their employees, businesses need to ensure that, whenever feasible, employees with the most expensive diagnoses get optimal treatment at hospitals not practicing "volume-driven" medicine for higher profits. Less than 10% of employees incur 80% of costs. About 20% of patients have been completely misdiagnosed, while many others are simply the victims of surgeons who are either practicing bad medicine or overtreating for profit. For example, some companies, such as Walmart and Lowe's, are turning to the "Centers of Excellence" approach author Tom Emerick helped to pioneer while running benefits for Walmart. By determining which hospitals are adopting the highest standards of care, benefits managers can reduce the number of unnecessary high-cost surgeries and improve employees' overall health. The solution-based approach offered by the book is unique, because it can be implemented by businesses today.

roi on employee wellness programs: Management Lessons from the Mayo Clinic (PB) Leonard L. Berry, Kent D. Seltman, 2008-05-31 Management Lessons from Mayo Clinic reveals for the first time how this complex service organization fosters a culture that exceeds customer expectations and earns deep loyalty from both customers and employees. Service business authority Leonard Berry and Mayo Clinic marketing administrator Kent Seltman explain how the Clinic implements and maintains its strategy, adheres to its management system, executes its care model, and embraces new knowledge - invaluable lessons for managers and service providers of all industries. Drs. Berry and Seltman had the rare opportunity to study Mayo Clinic's service culture and systems from the inside by conducting personal interviews with leaders, clinicians, staff, and patients, as well as observing hundreds of clinician-patient interactions. The result is a book about how the Clinic's business concept produces stellar clinical results, organizational efficiency, and interpersonal service. By examining the operating principles that guide every management decision at this legendary healthcare institution, the authors Demonstrate how a great service brand evolves from the core values that nourish and protect it Extrapolate instructive business lessons that apply outside healthcare Illustrate the benefits of pooling talent and encouraging teamwork Relate historical events and perspectives to the present-day Mayo Clinic Share inspiring stories from staff and patients An innovative analysis of this exemplary institution, Management Lessons from Mayo Clinic presents a proven prescription for creating sustainable service excellence in any organization.

roi on employee wellness programs: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

roi on employee wellness programs: Proving the Value of Soft Skills Patricia Pulliam Phillips, Jack J. Phillips, Rebecca Ray, 2020-08-04 A Step-by-Step Guide to Showing the Value of Soft Skill Programs As organizations rise to meet the challenges of technological innovation, globalization,

changing customer needs and perspectives, demographic shifts, and new work arrangements, their mastery of soft skills will likely be the defining difference between thriving and merely surviving. Yet few executives champion the expenditure of resources to develop these critical skills. Why is that and what can be done to change this thinking? For years, managers convinced executives that soft skills could not be measured and that the value of these programs should be taken on faith.

Executives no longer buy that argument but demand the same financial impact and accountability from these functions as they do from all other areas of the organization. In *Proving the Value of Soft Skills*, measurement and evaluation experts Patti Phillips, Jack Phillips, and Rebecca Ray contend that efforts can and should be made to demonstrate the effect of soft skills. They also claim that a proven methodology exists to help practitioners articulate those effects so that stakeholders' hearts and minds are shifted toward securing support for future efforts. This book reveals how to use the ROI Methodology to clearly show the impact and ROI of soft skills programs. The authors guide readers through an easy-to-apply process that includes: business alignment design evaluation data collection isolation of the program effects cost capture ROI calculations results communication. Use this book to align your programs with organizational strategy, justify or enhance budgets, and build productive business partnerships. Included are job aids, sample plans, and detailed case studies.

roi on employee wellness programs: The Designing for Growth Field Book Jeanne Liedtka, Tim Ogilvie, 2019-04-30 *Designing for Growth: A Design Thinking Tool Kit for Managers* (D4G) showed how organizations can use design thinking to boost innovation and drive growth. This updated and expanded companion guide is a stand-alone project workbook that provides a step-by-step framework for applying the D4G tool kit and process to a particular project, systematically explaining how to address the four key questions of the design thinking approach. In the field book, Jeanne Liedtka, Tim Ogilvie, and Rachel Brozenske guide readers through the design process with reminders of key D4G takeaways as they progress. Readers learn to identify an opportunity, draft a design brief, conduct research, establish design criteria, brainstorm, develop concepts, create napkin pitches, make prototypes, solicit feedback from stakeholders, and run learning launches. This second edition is suitable for projects in business, nonprofit, and government contexts, with all-new tools, practical advice, and facilitation tips. A new introduction discusses the relationship between strategy and design thinking.

roi on employee wellness programs: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

roi on employee wellness programs: Creating Healthy Organizations Graham Lowe, 2012-09-28 The current global economic environment is defined by unprecedented uncertainty, a premium placed on knowledge, and the threat of future talent scarcity. Key to an organization's

success under these conditions is its ability to strengthen the links between people and performance. Creating Healthy Organizations provides executives, managers, human resource professionals, and employees an action-oriented approach to forging these connections by creating and sustaining vibrant and productive workplaces. A healthy organization operates in ways that benefits all stakeholders, including employees, customers, shareholders, and communities. Using a wide range of examples from a variety of internationally based industries, Graham Lowe integrates leading practices with research on workplace health and wellness, quality work environments, employee engagement, organizational performance, and corporate social responsibility to make a compelling business case for creating healthy, resilient, and sustainable organizations. Creating Healthy Organizations offers readers, whether CEOs or front-line workers, an innovative framework and practical tools for planning, implementing, and measuring healthy change in their workplaces.

roi on employee wellness programs: Workplace Wellness: Healthy Employees, Healthy Families, Healthy ROI ,

roi on employee wellness programs: Workplace Wellness Rose Karlo Gantner Ed.D., 2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

roi on employee wellness programs: The Culprit & the Cure Steven G. Aldana, 2005 This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

roi on employee wellness programs: Well-being Ivan Robertson, Cary Cooper, 2011-04-27 High levels of well-being at work is good for the employee and the organization. It means lower sickness-absence levels, better retention and more satisfied customers. People with higher levels of well-being live longer, have happier lives and are easier to work with. This book shows how to improve well-being in your organization.

roi on employee wellness programs: *On Great Service* Leonard L. Berry, 1995-04-01 Improving service quality has finally become a top priority of management today, yet according to service quality expert Leonard Berry only a handful of companies have managed to determine exactly what to improve and how to improve it. For the past two years, Berry studied dozens of companies of all sizes renowned for their capacity to deliver what they promise and more. From his on-site observation of the strategies and practices of such companies as Mary Kay Cosmetics, Tattered Cover Book Store, Longo Toyota & Lexus, Lakeland Regional Medical Center, and Hard Rock Cafe, Berry has constructed a dynamic new framework for improving service. This framework provides a roadmap for implementation found nowhere else in the service quality literature. In every chapter Berry draws on his twelve years of research in service quality to explain each part of the framework in detail. He provides rich insights and inspiring examples of great service -- including numerous examples unique to this book as well as the classic success stories of USAA, Taco Bell, and many more. Berry shows that a company must (1) develop service leadership skills and values -- a concept substantially different from developing general leadership; (2) build a service quality information system; and (3) create a comprehensive service strategy based on the four principles of great service: reliability, surprise, recovery, and fairness. He demonstrates how these four principles, when adopted by the leadership and infused into the systems of a service company, are the building blocks of the framework and form the anchor for implementation. Berry shows how the artistry of great service can be systematically created from this foundation through a company's organizational structure, technology, and often under utilized human resources assets. He challenges service managers to set their service quality aspirations higher, and his innovative, practical ideas will help them achieve those higher standards. Linking service excellence to value creation, Berry provides solid financial reasons for the necessity of great service. Here, at last, is the book for which managers in every service industry have waited: Leonard Berry's operating manual

for turning plans for great service into action.

roi on employee wellness programs: A Review of the U.S. Workplace Wellness Market

Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

roi on employee wellness programs: The Engaged Employee Blueprint

Corina Walsh, 2017-09-27 Engaging employees is an enormous challenge for companies and their leaders, costing employers hundreds of billions of dollars annually in lost productivity and crippling innovation. Often CEOs and business owners are aware of the problem yet can't seem to increase the engagement levels of their employees. The Engaged Employee Blueprint offers an actionable framework that can be used by companies of any size to create the kind of workplace where employees can't wait to come to work every day. The book includes six extended case studies from award-winning companies that solved common problems related to employee engagement and gained a competitive advantage by making workplace culture a top priority. Employee engagement is one of the most important strategic challenges that companies must overcome to remain competitive in the twenty-first century marketplace. The Engaged Employee Blueprint is the playbook that companies, business owners, and managers have been waiting for to help them build a thriving workplace culture.

roi on employee wellness programs: The Healthy Workplace Nudge

Rex Miller, Phillip Williams, Michael O'Neill, 2018-04-11 Discover how healthy buildings, culture, and people lead to high profits Organizations and employees now spend an average of \$18,000 per year per employee for health costs, a 61% increase in 10 years. Every indicator projects these costs will double before 2030. This is an unsustainable path. These costs are the tip to an even bigger iceberg, the hidden costs of time out of the office, distraction, disengagement, and turnover. The Healthy Workplace Nudge explains the findings of research on 100 large organizations that have tackled the problems of employee health costs and disengagement in five fresh ways: Well-being leads to health and high performance Wake up to the fact that 95% of traditional wellness programs fail to improve health or lower costs Behavioral economics has become a new powerful tool to nudge healthy behavior Healthy buildings are now cost effective and produce your strongest ROI to improving health Leaders who develop healthy cultures achieve sustainable high performance and employee wellbeing In addition to proving highly effective, these approaches represent a fraction of the cost sunk into traditional wellness and engagement programs. The book explains how to create a workplace that is good for people, releases them to what they do best and enjoy most, and produces great and profitable work. • Find actionable strategies and tactics you can put into use today • Retain happy, productive talent • Cut unnecessary spending and boost your bottom line • Benefit from real-world research and proven practice If you're a leader who cares about the health and happiness of your employees, a human resource professional, or a professional who develops, designs, builds, or outfits workplace environments to improve employee health and wellbeing, this is one book you'll want to have on hand.

roi on employee wellness programs: Investing in People

Wayne F. Cascio, John W. Boudreau, 2011 Comments on Absence-Control Policies P.71

roi on employee wellness programs: *Discovering the Soul of Service*

Leonard L. Berry, 1999-07-13 This wise and inspiring book by Leonard Berry, moves far beyond his pioneering work in services marketing and service quality to explain how great service companies meet their toughest challenge: sustaining long-term success. In a world where customers regard flawless products as a given, service is the key differentiator between competitors in any field. From Berry's exacting study of fourteen mature, highly successful, labor-intensive companies comes an astonishing revelation: the single most important factor in building a lasting service business is not a matter of savvy business practice, but of humane values. In all fourteen award-winning companies -- Bergstrom Hotels, The Charles Schwab Corporation, Chick-fil-A, The Container Store, Custom Research Inc.,

Dana Commercial Credit, Dial-A-Mattress, Enterprise Rent-A-Car, Midwest Express Airlines, Miller SQA, Special Expeditions, St. Paul Saints, USAA, and Ukrop's Super Markets -- values-driven leadership connects with strategic focus, executional excellence, control of destiny, trust-based relationships, generosity, investment in employee success, acting small, and brand cultivation to drive customer satisfaction, innovation, and growth. Dedicating a chapter to each of these nine drivers, this book is the most far-reaching and insightful vision ever presented of the principles and step-by-step actions that continuously bring success to life in a company. Berry's comprehensive model reveals the soul that underlies the strategies and day-to-day operations of great service companies, guiding the thousands of daily decisions of individual employees. Clear, compelling, pathbreaking, *Discovering the Soul of Service* is essential reading for managers everywhere.

roi on employee wellness programs: *Mental Wellness Programs for Employees* R.H. Egdahl, D.C. Walsh, W.B. Goldbeck, 2012-12-06 Address to the Conference on Employee Mental Wellness by Walter B. Wriston, Chairman, Citicorp The mental well-being of employees is a subject of fundamental importance to each of us, our companies, our professions, and the nation. Both the Washington Business Group on Health and Boston University's Center for Industry and Health Care should be commended for the timely initiative this conference represents. I hope it will be come an ongoing effort to improve the mental health services to the nation's private sector workers and their dependents. I have had a deep interest in the delivery of health care for a long time, both from the perspective of a major employer and from my participation in the governance of New York Hospital-Cornell Medical Center. It has also been my privilege to chair the Business Round table's Task Force on Health and to serve on the President's Labor Management Committee which, among other things, has been working on health care problems. This experience obviously does not give me any claim to special expertise on the issue of mental health. It may prove helpful, however, as we work together formulating our thoughts about the nation's health system, the role of industry, and where the mental health issue fits into the picture.

roi on employee wellness programs: The Wiley Guide to Strategies, Ideas, and Applications for Implementing a Total Worker Health Program Linda Tapp, 2024-11-27 Addresses safety and health hazards through a holistic, organization-wide approach to worker wellbeing The Wiley Guide to Strategies, Ideas, and Applications for Implementing a Total Worker Health® Program presents specific information and guidance for Total Worker Health (TWH) applications in a variety of industries as well as specific aspects of TWH. This book covers how existing safety and health activities can support and be integrated into TWH programs, exploring specific topics such as how TWH initiatives can benefit the construction industry, ways to borrow from successful safety committee operations, and the use of technology. The innovative ideas and techniques from diverse fields, and from existing safety and health programs, help readers maximize efforts and increase the chance of long-term success. Case studies are included throughout to elucidate key concepts and aid in reader comprehension. Written by safety, health, and wellness practitioners with real-world experience, this resource includes: Organizational approaches for implementing key prevention programs to solve problems across diverse worker populations Guidance for improving the organization and design of work environments, including innovative strategies for promoting worker wellbeing Evidence of program effectiveness for addressing work conditions that impact mental health, fatigue and sleep, and work-life conflict Perspective of traditional safety and health professionals, emphasizing practical advice for practitioners throughout all chapters and connecting the narrative as a whole The Wiley Guide is an essential resource for safety, health, and industrial hygiene practitioners in industry, public services, government, insurance, and consulting, as well as others with safety and health responsibilities such as occupational medicine professionals.

roi on employee wellness programs: The Oxford Handbook of the Social Science of Obesity John Cawley, John Horan Cawley (Jr.), 2011-11-17 This volume summarizes the findings and insights of obesity-related research from the full range of social sciences including anthropology, economics, government, psychology, and sociology.

roi on employee wellness programs: Why Nobody Believes the Numbers Al Lewis, 2012-06-11

Why Nobody Believes the Numbers introduces a unique viewpoint to population health outcomes measurement: Results/ROIs should be presented as they are, not as we wish they would be. This viewpoint contrasts sharply with vendor/promoter/consultant claims along two very important dimensions: (1) Why Nobody Believes presents outcomes/ROIs achievable right here on this very planet... (2) ...calculated using actual data rather than controlled substances. Indeed, nowhere in healthcare is it possible to find such sharply contrasting worldviews, methodologies, and grips on reality. Why Nobody Believes the Numbers includes 12 case studies of vendors, carriers, and consultants who were apparently playing hooky the day their teacher covered fifth-grade math, as told by an author whose argument style can be so persuasive that he was once able to convince a resort to sell him a timeshare. The book's lesson: no need to believe what your vendor tells you -- instead you can estimate your own savings using "ingredients you already have in your kitchen." Don't be intimidated just because you lack a PhD in biostatistics, or even a Masters, Bachelor's, high-school equivalency diploma or up-to-date inspection sticker. Why Nobody Believes the Numbers explains how to determine if the ROIs are real...and why they usually aren't. You'll learn how to: Figure out whether you are moving the needle or just crediting a program with changes that would have happened anyway Judge whether the ROIs your vendors report are plausible or even arithmetically possible Synthesize all these insights into RFPs and contracts that truly hold vendors accountable for results

roi on employee wellness programs: The Handbook of Stress and Health Cary Cooper, James Campbell Quick, 2017-04-17 A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

roi on employee wellness programs: *Winning Health Promotion Strategies* Anne Marie Ludovici-Connolly, 2010 Winning Health Promotion Strategies has everything you need to design, implement, and evaluate wellness programs in school, community, or worksite settings. The book's 55 programs address physical activity, nutrition, and preventive care. It offers information on benefits of wellness programming that will help you gain support for your programs.

roi on employee wellness programs: Workplace Wellness Programs: Promoting Employee Health and Wellbeing Julian Paterson, Workplace Wellness Programs: Promoting Employee Health and Wellbeing is an essential guide for employers and HR professionals seeking to enhance the health and productivity of their workforce. This comprehensive book covers every aspect of designing, implementing, and sustaining effective wellness programs, from physical health initiatives and mental health support to financial wellness and creating a healthy work environment. With practical strategies, real-world case studies, and insights into the latest technology and trends, this book provides the tools and knowledge needed to create a thriving workplace where employees can achieve their best both personally and professionally. Whether you are starting from scratch or looking to improve existing programs, this book is your roadmap to fostering a culture of wellness and success.

roi on employee wellness programs: *Workplace Health Promotion Programs* Carl I. Fertman, 2015-09-11 Shine a spotlight on the benefits of promoting health in the workplace Workplace Health Promotion Programs focuses on the incredible value that employee health programs can offer by exploring six key topics: behavioral health, physical health, healthy environments, health education, nutritional health, and physical activity. This in-depth resource explicitly establishes what successful workplace health promotion programs, services, and collaborations are, and then builds upon this foundational understanding by introducing methods and tools for promoting employee health and

safety, while emphasizing the skills students need to do so. Through this resource, students will come to understand how to recognize employee health and safety opportunities, and how to think on a larger scale when it comes to workplace health initiatives in small, midsized, and larger employers that are comprehensive and fiscally sound. Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process. Health problems are estimated to cost employers in the United States over \$200 billion per year through medical costs, absenteeism, disability, and overall reduced productivity. Improving well-being through effective workplace health promotion programs can reduce this cost—and create healthier, happier workforces. Discover the design, implementation, and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence-based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs, including health policies, health insurance design, worker safety, employee behavior, etc. Learn how together employers and employees work to create a culture of health and well-being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a resource that guides students and professionals alike in the discovery, development, and execution of successful employee health initiatives.

roi on employee wellness programs: *It's Not Complicated* Katie Lee Biegel, 2021-03-23 From bestselling author and the star of Food Network's *The Kitchen*, *It's Not Complicated* offers recipes designed to simplify cooking (and life!) After years of throwing lavish, carefully planned dinner parties, hosting numerous food shows, and jet-setting across the globe, Katie Lee has settled down. Having recently married the love of her life, Lee prefers quiet dinners with her family to multi-day cooking affairs for dozens of guests. Pasta every Sunday. Thick cut rib eyes. Ideas for cooking vegetables that go beyond roasting. A perfect brownie. In short, her life is guided by a new principle: Things don't need to be complicated to be good. In *It's Not Complicated*, Katie Lee, author, influencer, and Food Network star, offers 100 of her favorite recipes that are easy, yet exciting—and always delicious. Written for the veteran chef and kitchen novice alike, Lee's recipes have few ingredients and simple steps that are meant to ease up your life. Perfect for weeknights, but special enough for having people over, *It's Not Complicated* shares the recipes people really want: classic, unfussy sure-things. *for full directions on the Creamy Spinach Artichoke Pasta, visit https://www.abramsbooks.com/errata/craft-errata-its-not-complicated/*

roi on employee wellness programs: People Analytics in the Era of Big Data Jean Paul Isson, Jesse S. Harriott, 2016-04-22 Apply predictive analytics throughout all stages of workforce management *People Analytics in the Era of Big Data* provides a blueprint for leveraging your talent pool through the use of data analytics. Written by the Global Vice President of Business Intelligence and Predictive Analytics at Monster Worldwide, this book is packed full of actionable insights to help you source, recruit, acquire, engage, retain, promote, and manage the exceptional talent your organization needs. With a unique approach that applies analytics to every stage of the hiring process and the entire workforce planning and management cycle, this informative guide provides the key perspective that brings analytics into HR in a truly useful way. You're already inundated with disparate employee data, so why not mine that data for insights that add value to your organization and strengthen your workforce? This book presents a practical framework for real-world talent analytics, backed by groundbreaking examples of workforce analytics in action across the U.S., Canada, Europe, Asia, and Australia. Leverage predictive analytics throughout the hiring process Utilize analytics techniques for more effective workforce management Learn how people analytics benefits organizations of all sizes in various industries Integrate analytics into HR practices seamlessly and thoroughly Corporate executives need fact-based insights into what will happen with their talent. Who should you hire? Who should you promote? Who are the top or bottom performers, and why? Who is at risk to quit, and why? Analytics can provide these answers, and give you insights based on quantifiable data instead of gut feeling and subjective assessment. *People Analytics in the*

Era of Big Data is the essential guide to optimizing your workforce with the tools already at your disposal.

roi on employee wellness programs: Investing in Mental Health , 2013

roi on employee wellness programs: Research Handbook on Work and Well-Being Ronald J. Burke, Kathryn M. Page, 2017-02-24 Almost every person works at some point in their lives. The Research Handbook on Work and Well-Being examines the association of particular work experiences with employee and organizational health and performance.

roi on employee wellness programs: Health and Work Productivity Ronald C. Kessler, Paul E. Stang, 2006-04 Presents health and productivity research that suggests interventions aimed at prevention, early detection, and best-practice treatment of workers with promising cost-benefits for employers. Covers approaches to studying effects of health on productivity, ways for employers to estimate productivity loss, suggestions for future research, and implications for public policy.

roi on employee wellness programs: Handbook on Well-Being of Working Women Mary L. Connerley, Jiyun Wu, 2015-07-27 This handbook provides an overview and synthesis of relevant literature related to the issue of the well-being of working women. This focus addresses a gap that currently exists in the quality-of-life and well-being fields. The work of the authors answers the following broad questions: Does gender matter in the well-being of working women? Do prejudices against and stereotypes of women still play a role in inter-personal interactions in the workplace that could hinder women from flourishing professionally? Does the organizational context, such as organizational culture, reward systems, and leadership, contribute to the well-being of working-women? What impact does the national context have on the well-being of working women? And finally, how can public policies help enhance the well-being of working women? These are important issues for academics, researchers, and graduate students interested in gender issues in the fields of management, sociology, psychology, social psychology, economics, and quality of life studies. Policy makers and practitioners will also find this book beneficial. Equitable treatment and outcomes for all, regardless of gender, remains a challenging goal to achieve, with various barriers in different contexts and different cultures, and this book provides strong coverage of this important topic of well-being of working women.

roi on employee wellness programs: The Real Wealth of Nations Riane Eisler, 2008-11-10 Bestselling author Riane Eisler (*The Chalice and the Blade*, which has sold more than 500,000 copies sold) shows that at the root of all of society's big problems is the fact that we don't value what matters. She then presents a radical reformulation of economics priorities focused on the home.

roi on employee wellness programs: The Economics of Human Systems Integration William B. Rouse, 2011-04-22 Fundamental Economic Principles, Methods, and Tools for Addressing Human Systems Integration Issues and Tradeoffs Human Systems Integration (HSI) is a new and fundamental integrating discipline designed to help move business and engineering cultures toward more human-centered systems. Integrating consideration of human abilities, limitations, and preferences into engineering systems yields important cost and performance benefits that otherwise would not have been accomplished. In order for this new discipline to be effective, however, a cultural change—starting with organizational leadership—is often necessary. The Economics of Human Systems Integration explains the difficulties underlying valuation of investments in people's training and education, safety and health, and work productivity. It provides an overview of how the field of economics addresses these difficulties, focusing on human issues associated with design, development, production, operations, maintenance, and sustainment of complex systems. The set of thought leaders recruited as contributors to this volume collectively provides a compelling set of data and principles for assessing the economic value of investing in people, not just in general but in specific investment situations. The early chapters provide the contexts for HSI and investment analysis, illustrating the enormous difference context makes in how issues are best framed and analyzed. A host of practical methods and tools for investment valuation are then presented. Provided are: A variety of real-world applications of economic analysis ranging from military acquisition and automotive investment to healthcare and high-tech investments in general, in both

the U.S. and abroad A range of economics-based methods and tools for cost analysis, cost-benefit analysis, and investment analysis, as well as sources of data for performing such analyses Differing perspectives on economic decision-making, including a range of private sector points of view, as well as government and regulatory perspectives In addition, five real-world case studies illustrate how such valuations have been done and their major impacts on investment decisions. HSI professionals, systems engineers, and finance professionals who address investment analysis will appreciate the wide range of methods and real-life applications; senior undergraduates and masters-level graduate students will find this to be an excellent textbook that provides theory and supports practice.

roi on employee wellness programs: *Global Perspectives in Workplace Health Promotion* Wolf Kirsten, Robert Karch, 2012 Health Behavior, Education, & Promotion

Additional Resources

roi on employee wellness programs

[Roi On Employee Wellness Programs](#)

Roi On Employee Wellness Programs

Related Articles

- [restore hyper wellness fishers](#)
- [rise and shine pilates and wellness](#)
- [red cross cpr test answer key](#)

[Back to Home](#)