

benefits of corporate wellness programs statistics

Benefits of Corporate Wellness Programs: Statistics That Speak Volumes

Are you tired of hearing about the importance of employee wellness without seeing the hard numbers? We get it. In the fast-paced world of business, decisions need to be data-driven. This post dives deep into the benefits of corporate wellness programs statistics, providing compelling evidence that proves the ROI of investing in your employees' health and well-being. Forget vague promises; we're delivering concrete data that shows how a wellness program can transform your company's bottom line and employee satisfaction. Get ready to see the numbers that will convince you to prioritize employee wellness today.

1. Improved Employee Health & Reduced Healthcare Costs: The Numbers Don't Lie

One of the most compelling arguments for corporate wellness programs is their impact on employee health and, consequently, healthcare costs. Studies consistently show a positive correlation:

Reduced healthcare claims: A meta-analysis of numerous studies found that comprehensive wellness programs reduced healthcare costs by an average of 6% to 15%. These savings aren't just theoretical; they directly impact your company's budget.

Lower absenteeism: Employees who participate in wellness programs often experience fewer sick days. One study showed a 27% reduction in absenteeism among employees involved in a wellness initiative. This translates to increased productivity and fewer disruptions to workflow.

Improved chronic disease management: Many wellness programs focus on preventing and managing chronic conditions like diabetes, hypertension, and heart disease. This proactive approach reduces the incidence and severity of these conditions, leading to significant long-term cost savings. Research suggests a reduction in the cost of treating chronic conditions by as much as 20%.

2. Increased Productivity and Engagement: A Happy Employee is a Productive Employee

A healthy employee is a more productive employee. This isn't just a feel-good statement; it's backed by solid data:

Enhanced focus and concentration: Wellness programs that incorporate stress management techniques, mindfulness training, or ergonomic assessments often lead to improved employee focus and concentration. This results in higher-quality work and faster task completion.

Improved morale and job satisfaction: When employees feel valued and supported, their morale and job satisfaction increase significantly. Wellness programs demonstrate that care for their well-being is a priority, fostering a more positive and productive work environment. Studies show a direct link between wellness programs and a 40% increase in employee engagement.

Reduced presenteeism: Presenteeism, when employees come to work sick, is a significant drain on productivity. Wellness programs that emphasize preventive care and stress management can significantly reduce presenteeism, leading to a more efficient workforce.

3. Reduced Employee Turnover: Investing in Retention

Losing valuable employees is costly. Corporate wellness programs contribute to employee retention in several ways:

Increased loyalty and commitment: Employees who feel valued and cared for are more likely to stay with a company. A wellness program sends a strong message that the employer invests in their well-being, fostering loyalty and a sense of belonging. Studies show that companies with wellness programs experience up to 50% lower turnover rates.

Improved employee recruitment: A robust wellness program can also be a powerful recruitment tool, attracting top talent who prioritize their health and well-being. This helps companies build a strong, healthy, and engaged workforce.

4. Improved Safety and Reduced Workplace Accidents: A Holistic Approach

Wellness programs aren't just about physical health; they encompass a holistic approach to well-being:

Reduced workplace accidents: By promoting health and safety awareness, wellness programs can significantly reduce the number of workplace accidents. This, in turn, leads to lower workers' compensation costs and improved overall safety.

Enhanced ergonomics: Many wellness initiatives incorporate ergonomic assessments to improve workstation setups, reducing the risk of musculoskeletal injuries. This preventative approach saves money on treatment and lost productivity.

Increased safety awareness: Programs often include training on safety protocols and procedures, reinforcing a company's commitment to a safe work environment. This creates a culture of safety and reduces the risk of accidents.

5. Boosting Company Reputation and Attracting Investors: A Positive Brand Image

The benefits of corporate wellness programs extend beyond the workplace:

Enhanced company reputation: Companies known for their commitment to employee well-being are

perceived more favorably by customers, partners, and the wider community. This positive brand image can translate into increased business opportunities.

Attracting investors: Investors are increasingly considering ESG (Environmental, Social, and Governance) factors when making investment decisions. A strong wellness program demonstrates a commitment to social responsibility, making a company more attractive to socially conscious investors.

Conclusion: The Data Speaks for Itself

The statistics presented above paint a clear picture: corporate wellness programs are not just a "nice-to-have," but a strategic investment that delivers significant returns. From reduced healthcare costs and increased productivity to improved employee retention and a stronger company reputation, the benefits are undeniable. By prioritizing the well-being of your employees, you are simultaneously investing in the future success of your company.

FAQs

1. How much does a corporate wellness program cost? The cost varies depending on the program's size and scope. Factors include the number of employees, the types of services offered, and whether the program is outsourced or managed internally.
1. How do I measure the ROI of a corporate wellness program? Track key metrics such as healthcare costs, absenteeism rates, employee engagement scores, and turnover rates. Compare these metrics before and after implementing the program to assess its ROI.
1. What are some common types of corporate wellness programs? Common types include health screenings, health education workshops, fitness challenges, stress management programs, and employee assistance programs (EAPs).
1. How do I get employee buy-in for a corporate wellness program? Offer a variety of programs to cater to different interests and needs. Communicate the benefits clearly and encourage participation through incentives and recognition.
1. What if my company is too small to afford a comprehensive wellness program? Even small companies can implement cost-effective wellness initiatives, such as providing healthy snacks, promoting physical activity during breaks, and offering online resources for stress management.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report 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.

benefits of corporate wellness programs statistics: *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.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: Integrating Employee Health

Institute of Medicine, Food and Nutrition Board, Committee to Assess Worksite Preventive Health Program Needs for NASA Employees, 2005-09-29 The American workforce is changing, creating new challenges for employers to provide occupational health services to meet the needs of employees. The National Aeronautics and Space Administration (NASA) workforce is highly skilled and competitive and employees frequently work under intense pressure to ensure mission success. The Office of the Chief Health and Medical Officer at NASA requested that the Institute of Medicine review its occupational health programs, assess employee awareness of and attitude toward those programs, recommend options for future worksite preventive health programs, and ways to evaluate their effectiveness. The committee's findings show that although NASA has a history of being forward-looking in designing and improving health and wellness programs, there is a need to move from a traditional occupational health model to an integrated, employee-centered program that could serve as a national model for both public and private employers to emulate and improve the health and performance of their workforces.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: Presenteeism at Work Cary L. Cooper, Luo Lu, 2018-08-23 Coming to work sick may do more harm than staying home - for the employee, the team, and the firm. Whilst the cost of absenteeism in organizations has been widely acknowledged and extensively examined, the counter-issue of 'presenteeism' has only recently attracted scholarly attention as a phenomenon that harms employee wellbeing, disrupts team dynamism, and damages productivity. This volume brings together leading international scholars from diverse scientific backgrounds, including occupational psychology, health, and medicine, to provide a pioneering review of the subject. International in scope, the collection incorporates both Western and East Asian perspectives, making it an informative resource for multinational companies seeking to formulate human resource strategies and better manage their culturally diverse workforce. It will also appeal to scholars and graduate students researching human resource management, organization studies, organizational health, and organizational psychology.

benefits of corporate wellness programs statistics: Healthy Employees, Healthy Business Ilona Bray, Ilona M. Bray, 2012 Helps business owners and managers target the main health concerns in the workplace and implement low-cost or free programs to increase productivity, boost morale, lower workplace stress, and potentially lower health insurance costs--

benefits of corporate wellness programs statistics: 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

benefits of corporate wellness programs statistics: 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

benefits of corporate wellness programs statistics: State of The Global Workplace

Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands.

Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive - but to thrive.

benefits of corporate wellness programs statistics: The Psychologically Healthy Workplace Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

benefits of corporate wellness programs statistics: Emerging Theories in Health Promotion Practice and Research Ralph J. DiClemente, Richard A. Crosby, Michelle C. Kegler, 2002-06-03 Having so many theories put together thoughtfully, proximally, in a single book will help the field come to grips with what the role is of theories as we go forward and address the individual actions, and societal and community influencers of individual action, that promote healthy behaviors. --Jim Marks, director, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention New and longstanding threats to public health, such as violence, drug misuse, HIV/AIDS, and homelessness are creating an ever greater demand for innovative theories that are responsive to the changes in the larger social environment. This important work is designed to fill the demand by assembling a careful selection of new and emerging health promotion theories into a single volume, written with an emphasis on practical application of theory to health promotion and health education programs.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: A Design Thinking, Systems Approach to

Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: Introduction to Business Lawrence J. Gitman, Carl McDaniel, Amit Shah, Monique Reece, Linda Koffel, Bethann Talsma, James C. Hyatt, 2024-09-16 Introduction to Business covers the scope and sequence of most introductory business courses. The book provides detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. Introduction to Business includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond. This is an adaptation of Introduction to Business by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

benefits of corporate wellness programs statistics: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

benefits of corporate wellness programs statistics: The 2020 Workplace Jeanne C. Meister, Karie Willyerd, 2010-05-11 From well-respected human resources and corporate training

experts Jeanne C. Meister and Karie Willyerd, a must-read guide to the innovative strategies that the best companies are using to create a workplace that the best talent chooses—both today and in 2020. In *The 2020 Workplace*, Meister and Willyerd offer a battle plan to start winning tomorrow's employees today.

benefits of corporate wellness programs statistics: *The health benefits of volunteering* , 2007

benefits of corporate wellness programs statistics: *Obesity and Socioeconomic Status in Adults* , 2010

benefits of corporate wellness programs statistics: *ABCs of Food* Patricia Conlin, 2015-01-07 It doesn't have to be a gourmet meal or a marathon! Like many of us, Patricia Conlin has had a life-long love of food and eating. But as life got busy with work and family, she cut a few corners to get dinner on the table quickly and keep exercise in her life. While she thought she was still providing healthy meals for her growing young boys, she soon learned the truth. Patricia discovered that mastering a few nutrition and health strategies could dramatically increase her success and joy of life. And now she shares these learnings with you in *ABCs of Food*. This easy-to-read book combines humorous stories with helpful tips and informed insights on a plethora of topics, including agri-business, fighting illness, and improving health, that will increase your energy and improve your confidence and health. A Registered Holistic Nutritionist, Patricia discusses the nutritional content and benefits of eating a colossal number of foods from A to Z. Her section on nutrients gets to the heart of the massive and often confusing information available today. And the recipes will delight your taste buds and inspire you. You'll want to read *ABCs of Food* from cover to cover and then keep it on your shelf for easy reference. Discover the powerful link between your health and well being and the food you eat. Patricia Conlin, president and founder of Global Consulting Group Inc., delivers quality solutions for recruitment, retention, and transition. Her passion for health and personal development led her to become a Registered Holistic Nutritionist (RHN). In 2015, Patricia was nominated for a Toronto Business Leader Award for Wellness. She coaches companies and individuals on improving health and success and is an inspirational speaker on a range of health and business topics.

benefits of corporate wellness programs statistics: *The Invisible Employee* Adrian Gostick, Chester Elton, 2006-03-24 There is magic in this book. It is the magic of a form of human engagement that allows you to see and your employees to be seen. Whether you are looking for a few good tips to keep a good thing going or need to recapture the very essence of a productive workplace, *The Invisible Employee* provides valuable lessons nestled among the pages of a clever and compelling story. A good read and a wise thesis. —Stephen C. Lundin, bestselling coauthor of *Fish!* Gostick and Elton's simple-to-understand and teachable approach of setting and supporting core values and recognizing and celebrating those behaviors can be a very effective management technique for creating a committed and engaged workforce of 'visible employees.' This is a culture no organization can afford to be without. —Michael R. Losey, past president and CEO, Society for Human Resource Management, and Secretary General, World Federation of Personnel Management Associations The basic principles detailed in *The Invisible Employee* are simple yet profound: (1) setting a guiding vision, (2) seeing employees supporting that vision, and (3) praising and celebrating that behavior. Restaurants do not sell merchandise that people can take home, we only sell memories. Engaging our entire staff by using these principles helps Friendly's provide great memories for our guests. —John L. Cutter, CEO and President, Friendly Ice Cream Corporation *The Invisible Employee* is a very inventive and original book. Combining facts that will surprise you and a fable that will fascinate you, Adrian Gostick and Chester Elton have crafted a book that educates and entertains. *The Invisible Employee* is a wonderful read with a powerful message, and I highly recommend it to leaders at all levels. —Jim Kouzes, coauthor of *The Leadership Challenge*

benefits of corporate wellness programs statistics: *Thrive* Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in

the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

benefits of corporate wellness programs statistics: Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

benefits of corporate wellness programs statistics: Pause. Breathe. Choose. Naz Beheshti, 2022-06-14 **PROVEN STRATEGIES FOR SUSTAINABLE SUCCESS** Naz Beheshti distills the most valuable lessons she learned from her first boss and mentor, Steve Jobs, into a holistic method to live your best life. Presenting the highly effective framework that Beheshti has used with clients for over a decade, this book is a guide for self-discovery, better choices, and purposeful growth. Now more than ever, when stress and burnout are ubiquitous, we must access our authentic self by closing the

gap between leading with our head and our heart. When we integrate every aspect of our life (career, relationships, self-care, and self-development) and fuel that ecosystem as a whole, we can both be well and do well. Rooted in neuroscience, mindfulness, and positive psychology, *Pause. Breathe. Choose.* offers more than eighty proven strategies to improve yourself and your workplace and achieve sustainable success. When you become the CEO of your well-being you will:

- master mindfulness to access your authentic self and make better choices
- strengthen emotional intelligence to cultivate stronger connections
- upgrade your mindset and behavior to take charge of your life
- manage stress and build resilience to bounce forward and thrive
- connect your head and your heart to lead with passion and purpose
- gain greater energy, clarity, and creativity to navigate change and growth with confidence
- improve leadership effectiveness, employee well-being and engagement, and company culture

benefits of corporate wellness programs statistics: Managing Stress in the Workplace

Institute of Leadership & Management, 2010-05-14 Super series are a set of workbooks to accompany the flexible learning programme specifically designed and developed by the Institute of Leadership & Management (ILM) to support their Level 3 Certificate in First Line Management. The learning content is also closely aligned to the Level 3 S/NVQ in Management. The series consists of 35 workbooks. Each book will map on to a course unit (35 books/units).

benefits of corporate wellness programs statistics: *The Bad Food Bible* Aaron E. Carroll, 2017 Reveals the positive benefits of enjoying moderate portions of vilified ingredients ranging from red meat and alcohol to gluten and salt.

benefits of corporate wellness programs statistics: Employment and Health Benefits

Institute of Medicine, Committee on Employment-Based Health Benefits, 1993-02-01 The United States is unique among economically advanced nations in its reliance on employers to provide health benefits voluntarily for workers and their families. Although it is well known that this system fails to reach millions of these individuals as well as others who have no connection to the work place, the system has other weaknesses. It also has many advantages. Because most proposals for health care reform assume some continued role for employers, this book makes an important contribution by describing the strength and limitations of the current system of employment-based health benefits. It provides the data and analysis needed to understand the historical, social, and economic dynamics that have shaped present-day arrangements and outlines what might be done to overcome some of the access, value, and equity problems associated with current employer, insurer, and government policies and practices. Health insurance terminology is often perplexing, and this volume defines essential concepts clearly and carefully. Using an array of primary sources, it provides a store of information on who is covered for what services at what costs, on how programs vary by employer size and industry, and on what governments do—and do not do—to oversee employment-based health programs. A case study adapted from real organizations' experiences illustrates some of the practical challenges in designing, managing, and revising benefit programs. The sometimes unintended and unwanted consequences of employer practices for workers and health care providers are explored. Understanding the concepts of risk, biased risk selection, and risk segmentation is fundamental to sound health care reform. This volume thoroughly examines these key concepts and how they complicate efforts to achieve efficiency and equity in health coverage and health care. With health care reform at the forefront of public attention, this volume will be important to policymakers and regulators, employee benefit managers and other executives, trade associations, and decisionmakers in the health insurance industry, as well as analysts, researchers, and students of health policy.

benefits of corporate wellness programs statistics: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical

inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

benefits of corporate wellness programs statistics: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

benefits of corporate wellness programs statistics: Public Administration in South Asia Meghna Sabharwal, Evan M. Berman, 2016-04-19 A state-of-the-art, one-stop resource, Public Administration in South Asia: India, Bangladesh, and Pakistan examines public administration issues

and advances in the Indian subcontinent. The book fulfills a critical need. These nations have the largest public administration programs in South Asia, yet existing knowledge on them is fragmented at best. Bringing together leading scholars from these countries, this book provides both an insider perspective and a scholarly look at the challenges and accomplishments in the region. Focusing on the machinery of government, the book explores questions such as: What is the history of public administration development? How are major decisions made in the agencies? Why are anti-corruption efforts so much a challenge? What is the significance of intergovernmental relations? What is the success of administrative reform? What are examples of successful social development programs? How successful is e-government, and what are its challenges? Why is civil service reform difficult to achieve? How is freedom of information being used as a means to combat corruption and invoke grassroots activism? What can be learned from the successes and failures? While public administration practice and education have become considerably professionalized in the last decade, a sufficiently in-depth and well-rounded reference on public administration in these countries is sorely lacking. Most available books tackle only aspects of public administration such as administrative reforms, civil service, economic developments, or public policy, and are country specific. None provide the in-depth analysis of the sphere of public action in South Asia found in this book. It supplies an understanding of how public administration can be either the source of, or solution to, so many of the problems and achievements in the Indian subcontinent.

benefits of corporate wellness programs statistics: *Research Anthology on Changing Dynamics of Diversity and Safety in the Workforce* Management Association, Information Resources, 2021-07-16 The recent COVID-19 pandemic has emphasized the importance of safety and ergonomics in the workplace. From work-life balance and mental health to risk prevention, maintaining a healthy and happy workforce has become essential for the progress of every company. Moreover, ensuring inclusive spaces has become a pillar of business with some worrying that the diversity agenda will be overshadowed by the recent pandemic. It is imperative that current research is compiled that sheds light on the advancements being made in promoting diversity and wellbeing in the modern workforce. The *Research Anthology on Changing Dynamics of Diversity and Safety in the Workforce* is a comprehensive reference source that provides the latest emerging research on diversity management and initiatives as well as occupational health and safety practices in the workplace. These concepts are necessary for global workplaces to remain safe, efficient, and inclusive. Covering topics such as employee equity, human resources practices, and worker wellbeing, this anthology provides an excellent resource for researchers, human resources personnel, managers, safety officers, policymakers, CEOs, students, professors, and academicians.

benefits of corporate wellness programs statistics: **Communities in Action** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

benefits of corporate wellness programs statistics: *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.

benefits of corporate wellness programs statistics: Mental Health Policies and Programmes in the Workplace World Health Organization, 2005 Work substantially contributes to one's identity. It provides income for an individual and their family and gives the feeling of playing a useful role in society. However, the nature of work is changing rapidly and factors such as the globalization of markets, urbanization and migration, and the advancements in information technology are impacting on the nature of work and the health and mental health of employees. This module outlines the types of mental health problems encountered in the workplace, their causes and impact. Importantly, it provides guidance to workplaces on how to develop and implement a workplace mental health policy and strategies to improve the mental health of employees. Also available: WHO Mental Health Policy and Service Guidance Package--14 modules Other modules included in the package: Improving Access and Use of Psychotropic Medicines Child and Adolescent Mental Health Policies and Plans Mental Health Policy, Plans and Programmes. Updated version Mental Health Context Mental Health Financing Advocacy for Mental Health Quality Improvement for Mental Health Organization of Services for Mental Health Planning and Budgeting to Deliver Services for Mental Health Mental Health Legislation and Human Rights Mental Health Information Systems Human Resources and Training in Mental Health Monitoring and Evaluation of Mental Health Policies and Plans

benefits of corporate wellness programs statistics: 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.

benefits of corporate wellness programs statistics: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your

life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

Additional Resources

benefits of corporate wellness programs statistics

[Benefits Of Corporate Wellness Programs Statistics](#)

Benefits Of Corporate Wellness Programs Statistics

Related Articles

- [better to import as individual or a business](#)
- [bien dit french 1 workbook answers](#)
- [bible trivia with answers](#)

[Back to Home](#)