

# CORPORATE WELLNESS

## WHY IS A HEALTHY WORKPLACE IMPORTANT?

**61%** of workers said their mental health affected their productivity



**\$79-\$105**

indirect cost (in billions) that employers pay each year for mental health issues



reduction in sick days for companies with an effective wellness program



of companies reported that workplace wellness programs reduced their organizations' health care costs

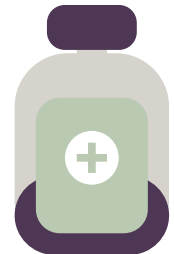
**91%**

of workers believe their company's culture should support mental health



**10%**

decrease in prescription drug costs with a wellness program in place



## WHY WORKPLACE WELLNESS WORKS

Every dollar invested saves employers on medical costs

Valuing employee health creates a positive workplace culture

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Healthy employees are more productive at work

Improves team morale and builds camaraderie

Reduced stress can elevate work performance



*Renew Your Health*  
Anita Barbero