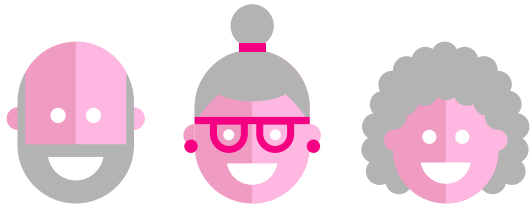


How to make wellness programs work better in the workplace

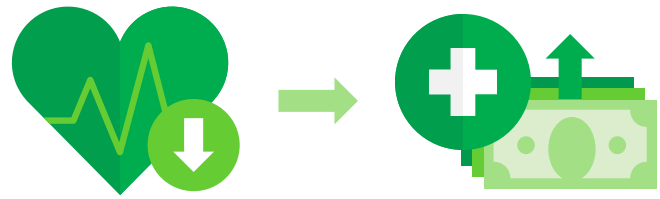
Businesses are investing heavily in sustainability, as it regards environmental and social concerns – but what about the sustainability of an organization’s most important asset, its people? A recent report from a leading provider of office real estate speaks to five key considerations for providing and profiting from workplace wellness.



1

Employees are living and working longer

Maintaining core health is increasingly important for ensuring productivity and reducing healthcare related costs.



2

Employees are not living or working healthier

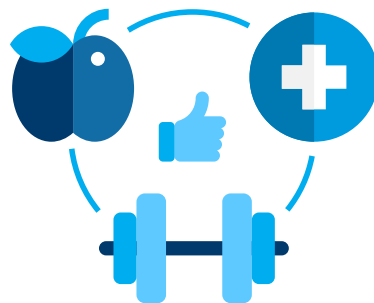
Declining employee health has been a principal cause of the rapid and continued increase in healthcare cost. This is also affecting absenteeism and "presenteeism", employees coming to work sick.



4

Wellness embraces body and mind

Physical health should be considered inseparable from mental and emotional health.



3

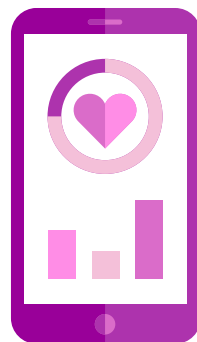
Wellness programs help fill the skills gap

Eight in ten employees surveyed said that the presence or lack of a wellness program would be key to their job-hunting decisions in the coming decade.

5

Tech can hurt, tech can help

Wellness training can help employees be intentional and self-disciplined about exactly how they use their tech tools.



Sources: How health improves the bottom line - Forbes | Worksite Wellness (CDC) Wellness in the Workplace - CBRE | Presenteeism is Rising Fast, And Only Bosses Can Stop It - The Guardian

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