

# ROAD TO WELLNESS



## WHAT IS WORKPLACE WELLNESS?

**Workplace wellness** refers to the education and activities a company may sponsor in order to promote healthy lifestyles for their employees and their families.

## HOW TO MEASURE

There's more **return on investment (ROI)** hidden in wellness than just lower health care costs. Take time considering the goals you want employees to achieve, and use metrics appropriate for those goals.



Reduced sick days



Increased productivity



Higher morale



Better eating habits



Weight-loss goals



## WHAT'S IT WORTH?

A **wellness program** can benefit your company by doing the following:

- Lowering health care costs
- Increasing productivity
- Decreasing absenteeism
- Raising employee morale

## EMPLOYEE BENEFITS

Beyond helping your bottom line, employees utilizing wellness programs report the following:

- Higher self-esteem
- Improved job satisfaction
- Reduced risk for developing chronic or life-threatening conditions
- Increased motivation to improve health

## QUESTIONS?

For more wellness information and turn-key wellness programs, please contact MHA Solutions today.