

Benefits Buzz

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DID YOU KNOW?

The average savings for a well-organized workplace wellness program is \$5.81 for every \$1 spent.

Source: "Meta-Evaluation of Worksite Health Promotion Economic Return Studies: 2005 Update," Larry S. Chapman.



Times are Lean – Should You Still Reduce Fat?

Many companies are looking for ways to cut out the fat in the current economy. Some view wellness programs as an unnecessary expenditure, and they often make their way to the chopping block. Make sure your program is not one of the casualties, because workplace wellness actually generates large savings.

Unhealthy employees cost employers much more than healthy employees, and chronic diseases make up the majority of healthcare costs. In fact, approximately 70 percent of healthcare costs stem from preventable conditions. In addition to increased healthcare costs,

unhealthy employees are absent more often and tend to be less productive when they are at work. Numerous case studies document a positive return on investment for workplace wellness initiatives.

Rather than cutting wellness programs, companies are better advised to expand or restructure them. Make sure you understand the health profile of your employee population and target your programs to areas of critical need. If you have no workplace wellness program, now might be a good time to begin one. Ask [b_officialname] how they can help.

Is Your Workplace Wellness-Ready?

Many offices are hot spots for germs. Think twice the next time you ponder eating at your desk. The average desktop harbors 400 times more bacteria than the average toilet seat! That's because common areas like the bathroom are disinfected daily, and desktops are often overlooked. The top five office germ hot spots include places we touch every day:

- 1) Phone
- 2) Desktop
- 3) Water fountain handle
- 4) Microwave door handle
- 5) Keyboard

Don't let the cold and flu season slow down your company or your employees. Empowering employees to take care of their own wellness by offering hand sanitizers or disinfecting wipes will reduce your absenteeism and increase employee morale and productivity.