

Did you know employee wellness is considered a potential high return on investment for employers? In fact, research suggests employers save on average \$3.48 in reduced health care costs and \$5.82 in lower absenteeism costs for every dollar spent on employee wellness. Employees who live healthier lifestyles have reduced sick leave, improved work performance, decreased health insurance costs, and increased productivity .

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice – the kind he will find acceptable.

ROMANS 12:1

DESIRED ENVIRONMENT

GOOD

- Share lessons learned from wellness program
- Complete Employee Interest Survey

BETTER *Above, plus:*

- Dedicate staff resources to oversee wellness program activities
- Incorporate Upgrade™ promotional materials in wellness program
- Complete CDC Worksite Health ScoreCard

BEST *Above, plus:*

- Add worksite wellness to company benefits plan
- Meet criteria for Fit-Friendly Recognition
- Using best practice language, HR or other responsible person enacts worksite wellness policy for workplace