WORKSITE WELLNESS
RETURN ON INVESTMENT

Worksites produce a significant return on investment when they implement policies and environments that support healthier employees. Some of the key benefits that support return on investment for worksite wellness programs include:

» Decreased health care costs
» Reduced absenteeism
» Increased productivity
» Decreased workers’ compensation and disability claims
» Improved morale and retention of valued staff

Wellness programs reduce preventable chronic diseases and report a 26% reduction in health care costs.¹

Companies that support wellness also have a greater percentage of employees at work every day. The cost savings of a wellness program can be measured against reduced overtime to cover absent employees. On average, businesses with worksite wellness programs show a 28% reduction in sick leave absenteeism.²

Productivity losses related to personal and family health problems cost employers $1,685 per employee per year, or $225.8 billion annually in the United States.³

Employees are more productive and miss less work in worksites that have wellness programs.

Companies who invest in worksite wellness programs are viewed as caring about their employees’ health and are often seen as a better place to work. These companies save money by retaining existing employees and attracting new employees who appreciate the benefit of a worksite wellness program.

On average, businesses with worksite wellness programs show a 30% reduction in workers’ compensation and disability claim costs.⁴

The return on investment for worksite wellness programs ranges from $2.05 to $19.41, with an average $5.81 benefit received per $1 invested.⁵

Research on worksite wellness programs demonstrates a significant return on investment for businesses and improves the health of their employees.