HEALTH & WELLNESS

5 reasons to implement a workplace wellness program

1. Healthier employees

One of the simplest yet most important reasons to implement a wellness program is the fact that it will help any business employees to be healthier, beyond the financial and performance benefits you gain as a business, the health of your employees should take priority over everything else

2. More productive employees

One of the advantages of having healthier and more active employees is that they perform better. Various studies show clear links between physical health and workplace productivity. In addition to healthier employees being more productive, they are also at work more often, as workplace wellness programs are shown to reduce absenteeism. Sick leave can be challenging and costly for business, and any efforts that can reduce the number of sick days employees take each year help the bottom line

3. Happier employees

Healthier employees are also quite simply happier employees. Boosting team morale is a major benefit of implementing a corporate wellness program. At businesses where teamwork is critical, having happy employees who enjoy coming to work and are energized to work well with their colleagues is crucial

4. Decreased healthcare costs

Beyond the benefits to employees, workplace wellness programs can significantly decrease the amount that business pay for their healthcare. There are many insurance businesses offering to reduce costs for companies that are giving employees wearables like the Galaxy Watch6 to encourage their workforce to be more active. By using the huge amount of data collected by these devices, healthcare providers can in turn offer reduced premiums to employers that are actively trying to encourage a healthier lifestyle among their employees

5. Workplace Exercise

Leveraging the inherently social aspect of fitness trackers can create a friendly atmosphere at work where teams or individuals compete against each other in a series of fun, informal challenges. Whether it’s who climbed the most stairs in a single week or who has accumulated the most steps in a month, these challenges can not only promote company loyalty but also facilitate teamwork and camaraderie