

# WHY WELLNESS?

Ideas for encouraging your team to think differently about wellness programming.

Overview of Potential of Workplace Health Programs for Employers and Employees.<sup>1</sup>

Benefits For Employers	Benefits For Employees
Enhanced employee productivity	Increased well-being, self-image, and self-esteem
Reduced employee absenteeism	Improved coping skills with stress or other factors affecting health
Decreased rates of illness and injuries	Improved health status
Enhanced corporate image	Lower costs for acute health issues
Improved employee morale	Lower out of pocket costs for health care services
Improved employee recruitment and retention	Increased access to health promotion resources and social support
Increased organizational commitment and creation of a culture of health	Improved job satisfaction
Lower health care and disability costs	Safe and more supportive work environments



This resource is part of WELCOA's Seven Benchmarks for creating sustainable wellness programs. For more information on the entire roadmap, visit [welcoa.org/7-benchmarks](http://welcoa.org/7-benchmarks).

1. Edington, D. W., & Pitts, J. S. (2016). Shared values, shared results: Positive organizational health as a win-win philosophy. United States: Dee W. Edington, Jennifer S. Pitts.