

WELLNESS TRACKING PROGRAMS

COST SAVINGS SCOREBOARD

28% Reduction in
sick days

26% Reduction in
healthcare costs

30% Reduction in
claims

\$5.93 To \$1.00
savings-to-cost

SCORE A HEALTHIER BOTTOM LINE

Shareholders tune in to assess the health of a company every quarter, and a healthy company has highly motivated employees who can't wait to get to work...right after they hit the gym, take a walk, or swim laps in the pool. A wellness program measures commitment to fitness, rewards healthy habits, illustrates progress against goals, and creates a sense of accomplishment that stokes the competitive fire within your workforce. According to the Institute of Healthcare Consumerism, there are significant financial benefits to implementing wellness programs:

*While companies certainly care about the well-being of their employees, benefits decision-makers admit that a primary reason their company maintains a wellness program is to help curb health care costs, and 59 percent of companies agree that wellness programs can help reduce these costs.

Despite the benefits of wellness program, nearly a quarter (22 percent) of companies do not offer them for their workforce due to the difficulty in quantifying the return-on-investment (ROI). However, a comprehensive analysis of 42 published studies of worksite health promotion programs showed that companies that implemented an effective wellness program realized significant cost reductions and financial gains, including an average of 28% reduction in sick days, 26% reduction in health costs, 30% reduction in workers' compensation and disability management claims, and an average \$5.93 to \$1 savings-to-cost ratio.

**The Institute of Healthcare Consumerism*

The Internet of Things (IoT) offers an opportunity to connect phones, fitness trackers, heart rate and pulse monitors, and many other devices that measure progress towards goals. Onyx can help add this essential service to your employee benefits program and foster friendly competition as your employees strive to achieve their individual and team goals. Our Power2Motivate platform aggregates data feeds and tracks progress, displays motivational content, and offers thousands of rewards options that will inspire your employees to go the extra mile.

Call us at 844-442-3699 to learn how we can help you shape up your team, and your bottom line.