

WHEN EMPLOYEES IMPROVE THEIR HEALTH

YOUR COMPANY SAVES

Employers consistently list the rising cost of company health benefits as a top concern. Workplace wellness programs provide opportunities to identify and address employees' medical conditions before they advance, saving substantial costs. Consider these savings examples from Harvard Business Review:



Redirecting **25** unnecessary emergency room visits saves **\$50,000**



Avoiding four inpatient hospital stays saves **\$100,000** or more

Wellness programs have been popular for years, but expanding options and new innovative benefits now can work even better for your company and employees.

Help employees become healthier through wellness programs like these:



On-site health clinic

- Provide employees with convenient care option
- Reduce employees' time off work for doctor care
- Identify and alleviate workplace health and safety issues



On-site flu shots

Flu shots guard against not just flu but also more advanced illnesses. For example, flu vaccines are proven to reduce hospitalizations in individuals suffering from diabetes or chronic lung disease.



On-site biometric screenings

Measure employees' weight, body mass index (BMI), blood pressure, and cholesterol. Send individual score plus tips for improvement to every employee.



On-site exercise classes

Making it easy and convenient for employees to exercise at the office pays off for your business—employees who exercise during the work day are 15% more productive.



Medical visits by phone/online

Phone and online medical visits save employees time and save your company money by replacing more expensive types of care, such as emergency room visits. In fact, given the choice, almost 85% of people would choose care by phone or online over an emergency room visit for a minor ailment.



Financial incentives to eat healthy and exercise

40% of large companies with wellness programs offer financial rewards for healthy eating and/or exercise. Cash, merchandise, and travel assistance are popular incentives.



Smoking cessation programs

The negative health effects of tobacco use are well known. But did you know that almost 70% of adult smokers in the U.S. want to quit? Helping employees quit brings huge health benefits to employees and huge savings potential to your company insurance costs.



Wearable fitness trackers

- Alert employees to their level (or lack) of exercise
- Facilitate and automate tracking toward rewards and incentives

SWBC's Signature Wellness Program aims to educate your workforce, empower them to choose healthy lifestyles, and enrich your company's bottom line.

Schedule a comprehensive review of your employee benefits programs today!