

## #CREINSIGHTS

# Wellness And Wellbeing Programs Help Improve Overall Employee Productivity And Health

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Health can impact how well employees perform and how engaged they are at work. Many people already choose to take advantage of a plethora of healthy food options, exercise routines, and activities. Companies have started incorporating wellness initiatives to improve employee productivity and their bottom line.



### THE IMPACT OF WORKPLACE WELLNESS AND WELLBEING PROGRAMS ON CORPORATE COST AND EMPLOYEE PRODUCTIVITY

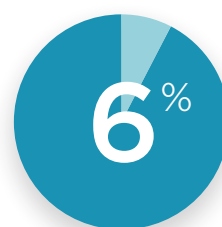
**+10% INCREASE IN WELL BEING** WAS ASSOCIATED WITH:



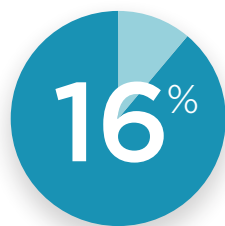
Fewer Unscheduled Absences



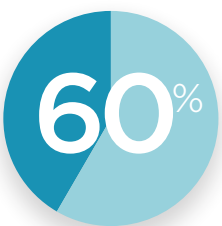
Increase In Job Performance



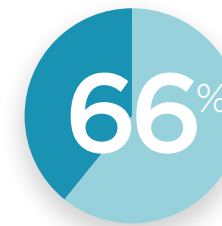
More "Best Work" Days Per Month



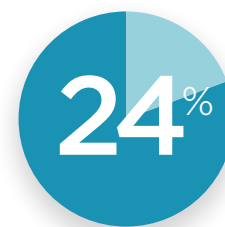
Fewers ER Visits



Lower Medical Cost



Lower Prescriptions Costs



Lower Presenteeism

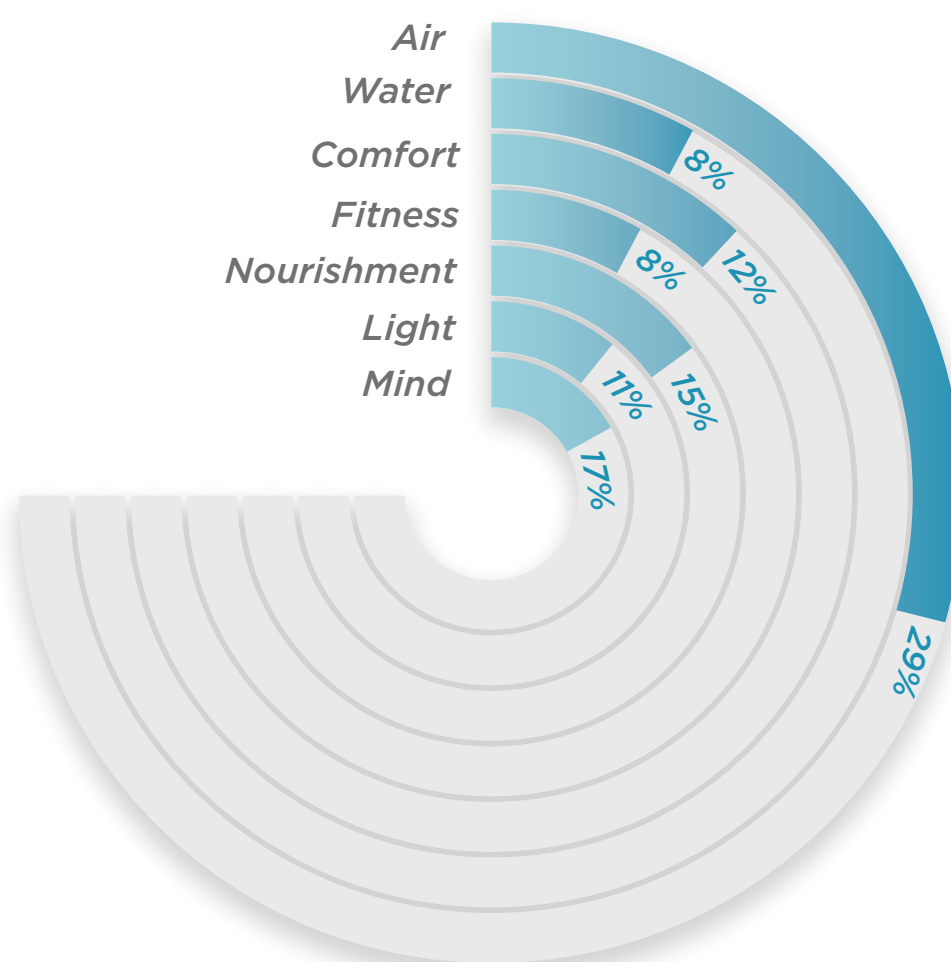


Decrease In Hospital Admissions

Global standards for evaluating wellness initiatives have emerged and focus on seven key concepts. Occupiers and landlords can also focus on office space or building design to achieve the WELL certification. The WELL building standard was introduced to the U.S. in 2014 to create a standardized method to evaluate the healthiness of buildings. WELL looks at 'how design, operations and behaviors within the places where we live, work, learn and play can be optimized to advance human health and wellbeing.' There are 253 WELL certified properties in the US as of November 2017.



### WELL: THE SEVEN KEY WELLNESS AND WELLBEING CONCEPTS



Source: Cushman & Wakefield, Greater China Occupier Research: Wellness and Wellbeing in the Office Workplace in China

FOR MORE INFORMATION, PLEASE CONTACT:

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