



## Why employee wellness?

Our workplaces have significant impact on our lives, and many employees *want* help making healthy habits their routine. Companies with Employee Wellness Programs see measurable benefits:

### Reduced absenteeism

Employees miss work when they or someone they care for is sick. Illnesses, hospital stays, and doctor appointments steal hours from the office, but healthy employees with healthy families have fewer unplanned absences. Studies find that wellness program can help reduce absenteeism by 25%.

### Increased productivity

A recent study revealed that employees who ate the recommended 5 or more fruits or vegetables daily for at least 4 days each week were 20% more likely to be productive at the office. Physical activity has been linked not only to improved concentration but also better memory recall, faster learning, enhanced creativity and reduced stress—all of which lead to better job performance.

### Improved retention, recruiting

Healthy employees are happy employees. People who experience less stress and are highly productive and successful at work generally report greater job satisfaction than those with more stress and lower job performance reviews. Moreover, studies indicate that 75% of employees *want* their employer to offer health and wellness incentives.

### Better bottom line

The Indiana State Department of Health states that preventable illness makes up 90% of all health care costs. Companies with Employee Wellness Programs have seen an average of \$3 reduction in health care costs plus \$5 reduction in costs associated with absenteeism for every \$1 spent on employee wellness.

### Healthiest Cities Challenge

Greater Lawrence/Far Eastside Indianapolis was chosen as one of 50 communities across the nation to participate in the Healthiest Cities & Counties Challenge, a two-year competition to improve public health, sponsored by the Aetna Foundation. Employers like you can help Greater Lawrence/Far Eastside Indianapolis earn a monetary prize—and benefit from technical assistance provided by the nation's top public health experts.

This is a great time to begin or expand your employee wellness program.



**75%** of employees *want* a workplace wellness program

## We can help.

Join us now as part of the Healthiest Cities Challenge to make Greater Lawrence/Far Eastside Indianapolis a healthy place for families, and we will support your efforts with one or more of the workplace wellness resources below. These are available at no cost or very low cost to you.

### [Jump IN Healthy Workplaces Guides](#)

Work at your own place with virtual assistance. Jump IN has created a series of guides to help you learn more about employee wellness programs—complete with policies and activities you can implement today in the workplace. Learn more: [www.jumpinforhealthykids.org/healthy-workplaces](http://www.jumpinforhealthykids.org/healthy-workplaces)

### [Jump IN Resource Hub](#)

Jump IN has compiled vetted, evidence-based resources from initiatives across the country to help support your efforts. Search the Hub for tools by topic, type, audience, or keyword. Learn more: [www.jumpinforhealthykids.org/resources](http://www.jumpinforhealthykids.org/resources)

### [American Heart Association's Workplace Health Solutions](#)

Get resources to support implementation of a cardiovascular wellness program that includes a 5-step process of assessment, implementation, recognition, and review. Learn more: <https://healthyforgood.heart.org>

### [American Diabetes Association's Wellness Lives Here](#)

Educate and motivate employees to adopt healthy habits and reduce the impact of type 2 diabetes and other obesity-related illnesses. Learn more: [www.diabetes.org/in-my-community/wellness-lives-here/stop-d-at-work](http://www.diabetes.org/in-my-community/wellness-lives-here/stop-d-at-work)

### [Live Healthy Indiana Challenge](#)

Pilot the concept of Employee Wellness Program in your workplace by participating in a six-week challenge that promotes healthy eating and increased physical activity. Participants earn points as they complete daily activities and track them online. There is a small per person fee to participate in each six-week challenge. Learn more: <http://indiana.livehealthynite.com>

**Jump IN for Healthy Kids** is a community-wide initiative working to give children and families *real* opportunities to make healthy choices. Our goal is to reduce the childhood obesity rate by 2025. Central Indiana employers play a critical role in our success.



Learn more  
[www.jumpinforhealthykids.org](http://www.jumpinforhealthykids.org)