

# Focusing on wellness can bring healthy benefits to your business



## Did you know?

Multiple studies have found that for **EVERY \$1 COMPANIES SPEND** on wellness programs, they **SAVED \$3.27** on health care costs<sup>1</sup>

### The data are clear:



**10.3** WORK HOURS PER YEAR, PER EMPLOYEE

The average productivity increase for companies with a successfully implemented wellness program<sup>2</sup>

Wellness pays off for businesses like yours. Making small changes, along with encouraging healthier habits and activities can bring you substantial ROI, in the form of:

- Increased productivity, performance, and morale
- Stronger workplace culture and engagement
- Better health outcomes
- A more holistic view of employee health

At Independence Blue Cross (Independence), we have the resources to help get your employees engaged so they can take charge of their well-being.

## How to plan, even if your budget is limited

Here are the steps you should take:

<p><b>1</b></p> <p><b>DETERMINE WHAT YOUR EMPLOYEES WANT</b></p> <p>Engage with your team and management to find what would help them most.</p>	<p><b>2</b></p> <p><b>MAKE BEING HEALTHY PART OF YOUR WORKPLACE</b></p> <p>Encourage healthier habits in the workplace and everywhere your employees live their lives.</p>
<p><b>3</b></p> <p><b>MAKE IT PRACTICAL AND EASY</b></p> <p>Your employees may not be health and wellness-minded. Give them simple steps to take.</p>	<p><b>4</b></p> <p><b>TRUST IN THE IBX RESOURCES ALREADY AVAILABLE TO YOU</b></p> <p>Visit <a href="http://wellbeing.ibx.com">wellbeing.ibx.com</a> to find a wealth of resources available to you for free.</p>

## You don't have to wait to get started

There are some things you can do right now to motivate your employees to embrace a whole-health mindset:

	<p><b>Offer healthy snacks and drinks</b></p> <p>If you offer free snacks, opt for fruits and grains over soda and chips.</p>
	<p><b>Encourage employees to use their nutrition counseling benefit</b></p> <p>Your employees' Independence coverage includes six dietitian visits a year at no cost to them.</p>
	<p><b>Promote healthy habits at work</b></p> <p>When possible, have walking meetings to get people out of their chairs. Sponsor employees' participation in events like 5K walks, runs, and the 10,000 Steps-A-Day Walking Challenge.</p>

### Plus, make sure that you and your covered employees take advantage of the Independence tools you already have that can be vital to your wellness program:

- **GlobalFit:** Offers discounted memberships to thousands of gyms and fitness centers. Employees can also get discounts on at-home virtual workouts.
- **Blue365® and Blue Insider:** Employees can get discounts on fitness gear, weight loss programs, and more through Blue365®. Blue Insider offers discounts on fun activities that can encourage them to get more active.
- **IBX Good Living Member eNewsletter:** Your team can find healthy recipes, articles, and savings that they can use at their preferred retailers.

Sources:

1. <https://www.wellsteps.com/blog/2020/01/02/workplace-wellness-statistics-wellness-stats/>
2. <https://journals.lww.com/joem/Abstract/2013/10000/Improving-Employee-Productivity-Through-Improved.3.aspx>