

Wellness in the Workplace

Health Promotion for the Individual

Lifestyle Choices

Healthier Person

Better Employee

Job Performance

Individual attitudes
Group Attitudes
Energy levels
Vitality
Empowerment

Gains for the Organizations

- ▲ Health Status
- ▲ Life Expectancy
- ▼ Health Care Costs
- ▼ Workers' Compensation

- ▼ Absenteeism
- ▼ Turnover
- ▼ Workers' Disability

- ▲ Productivity
- ▲ Company Visibility
- ▲ Social Responsibility

Source: University of Michigan Health Management Research Center,
Worksite Wellness Cost Benefit Analysis Report 2001: 5.