Making an Employee Wellness Program Work for You

Employee wellness programs aim to provide care for all seven dimensions of wellness:

- Emotional
- Career
- Physical
- Social
- Spiritual
- Intellectual
- Environmental

What do They Do?

Offer services such as increasing patients’ knowledge of their:
- blood pressure
- cholesterol
- body weight

Help patients:
- stop smoking
- learn about disease states

Assist employees in managing:
- stress
- anxiety
- personal problems

“With 150 million Americans going to work every day, corporate America is not only in the BEST POSITION to change our nation’s health, but has a RESPONSIBILITY to do so.”

PROGRAM SUCCESS

For every $1 invested into Employee Wellness Programs, there is a $4 return.

Investment (20%) Return (80%)

Over 4,000 employees at a New England grocery chain enrolled in and completed a blood pressure management program run by the stores’ pharmacists.

The employees with a starting blood pressure of over 140/90 mmHg had an average drop in systolic and diastolic blood pressures of 17 mmHg and 6 mmHg respectively.

UTILIZATION IS LACKING

Programs need to be altered to increase employee participation.

The easiest solution?

Ask employees what they want before establishing the program or when modifying current offerings.