

Benefits of a Staff Wellness Program

Why should you start an employee wellness at your school? There are numerous reasons that all lead to lower costs, increased productivity and healthier employees. Research has shown staff wellness programs reduce overall costs and create healthier employees.

How does it work?

Increased Work Place Morale

Employees are aware when their employers are taking measures to ensure their health and wellbeing.

Loyalty

When employees are aware that they are being taken care of by their employers, there will likely be a lower turnover rate. Furthermore, loyal employees instinctively create a more pleasant working environment.

Increased Job Productivity

Healthy employees are more productive because they have increased concentration, energy levels and work output.

Decreased Absenteeism & Sick Leave

A staff wellness program teaches lifestyle management skills that decrease the amount of sick time an employee may have to use due to illnesses.

Decreased Health Care Costs

Although health insurance premiums are steadily increasing every year, companies that utilize staff wellness programs have been shown to have substantial decreases in insurance costs, due to the wellness programs' remarkable results.

Overall Cost Reduction

Increased work morale, loyalty and work performance, and decreased sick leave, absenteeism and health care costs lead to overall cost reduction.