

WELLNESS IS GOOD FOR BUSINESS



90% OF U.S. HEALTHCARE SPENDING IS CAUSED BY PREVENTABLE HEALTH RISKS

WELLNESS PROGRAMS SAVE \$\$

A study of 600,000 employees across seven companies shows wellness programs can save employers money by reducing hospital visits and absenteeism.



\$3.80

ROI from disease management programs

For every dollar invested, employers see a return of \$3.80. Savings are primarily the result of a 30% average reduction in employee hospital visits.



\$.50

ROI from lifestyle management programs

For every dollar invested, employers see a return of \$.50. Savings are primarily the result of a significant reduction in employee absenteeism.

\$1.50

Average ROI with both programs

For every dollar invested, employers see a return of \$1.50.

TOP 5 EMPLOYEE WELLNESS CONCERNS



WELLNESS PROGRAM BENEFITS

COMPANIES SEE RESULTS



FEWER SICK DAYS



AVG. 30% REDUCTION IN HOSPITAL VISITS



IMPROVED EMPLOYEE MORALE



IMPROVED OVERALL EMPLOYEE HEALTH

Sources: Rand Corporation, "Wellness Program Study" and Society of Human Resource Management, "State of Wellness National Survey"

Connect with Navia today and find a Wellness Program that's right for you!

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