

# The connect between health, wellbeing and the workplace



We define good workplace health and wellbeing as having employees who are fit, healthy and happy, enabling them to get the most out of their working day, every day.



## Physical wellbeing

Supporting your employees' physical wellbeing will help to keep them free from long-term illness, maintain a good level of fitness and lead a healthy lifestyle.



## Mental wellbeing

Good mental wellbeing enables employees to be happy in their day-to-day life, enabling them to be more productive and for your workplace to have a more positive morale.



## Financial wellbeing

Financial worries can have large impact on employees' mental and physical health. Providing good financial advice or support will elevate this burden and improve self-confidence at work.

What do employees want?<sup>1</sup>



What do employers think employees want?<sup>2</sup>

healthy eating options	79%	▶	37%
private medical insurance	65%	▶	29%
health cash plan	55%	▶	41%
dental plan	45%	▶	39%
access to GP services	39%	▶	23%
employee assistance programme	37%	▶	34%
childcare vouchers	26%	◀	44%
cycle to work scheme	17%	◀	49%



## Eight out of ten<sup>2</sup>

businesses have a health and wellbeing strategy for their workplace



## More than half<sup>2</sup>

say they 'don't know' what the top three health and wellbeing priorities are for their employees

56%

To help you navigate the health and wellbeing employee benefits landscape and create a tailored offering that your employees both want and need, read:

## Simplyhealth's Health and Wellbeing Benefits Guide 2017

Download for free at [Simplyhealth.co.uk/businesses](http://Simplyhealth.co.uk/businesses)



<sup>1</sup>Simplyhealth / YouGov Employee Survey 2017 - employee take up of benefits they are offered; 2,308 responses by employees, of which 1,269 had access to employee benefits

<sup>2</sup>Simplyhealth / ResearchNow Corporate Decision Makers Survey 2017 - employee benefits offered by employers; 512 respondents

All of the information contained within this graphic has been taken from the Simplyhealth Health and Wellbeing Benefits Guide 2017.

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