



### **Corporate Wellness**

In 1999, a National Academy of Sciences study found musculoskeletal disorders an important national health problem with more than 1,000,000 workers missing time from their jobs at a cost of more than \$50 billion a year and concluded that indirect costs (reduced productivity, loss of customers because of errors made by replacement workers, and regulatory compliance) would place the estimate at greater than \$1 trillion or 10% of the United States Gross Domestic Product.

The study concluded that effective prevention of workplace pain through active intervention is not only possible, but results in a significant cost savings for the employer while reducing the disability experienced by the employee.

### **Low Back Pain**

#### ***FACTS***

- Over 80% of the general population will experience back pain at some point in their lives.
- Back pain represents 30% of all worker compensation boards claims by injured workers.
- Approximately \$14 billion is spent annually on medical care and absenteeism directly related to back pain

### **Obesity**

#### ***FACTS:***

- Physical inactivity, overweight, and obesity were associated with 23% of health plan health care charges and 27% of national health care charges.
- Overweight individuals had 25% higher health care costs than normal-weight individuals and the extremely obese had 44% higher costs than normal-weight individuals

### **Hypertension**

#### ***FACTS:***

The overall economic burden of illness was highest for hypertension (\$392 per eligible employee per year), and heart disease (\$368)

### **Return on investment**

#### ***FACTS:***

- **The average employee participating in a wellness program returns from short term disability 6 days earlier than non participants. The average cost of absenteeism per day for employees on STD leave is \$225 resulting in a savings of \$1350 per employee.**

- **The average cost of absenteeism is \$1,387 per employee per year. Wellness programs anticipate a reduction in absenteeism at approximately 17.5%, amounting to savings of \$243 per employee, per year.**
- **According to a study published by the American Journal of Health Promotions, for every \$1 spent on wellness programs, employers can expect a return of \$2.30 to \$10.10 through lower medical claims, reduced absenteeism, improved productivity and other factors affecting their bottom line.**