Improving well-being benefits both employees and businesses. Employer-sponsored wellness programs can nurture health and productivity by offering insurance plans with a wide range of benefits, including broad coverage for treatments, which can also support employees’ health.

**Employees today face significant health burdens.**

- More than 40% of Americans are considered obese.
- Half have high blood pressure.
- Three in five have at least one chronic health condition.

**Employers can help.** Employer-sponsored wellness programs can nurture health and productivity by promoting physical activity, preventing disease, encouraging healthy eating, addressing stress management, and aiding smoking cessation.

**Improving well-being benefits both employees and businesses.**

- Increased employee satisfaction
- Higher employee engagement and morale
- Reduced employee turnover
- Fewer sick days
- Greater productivity