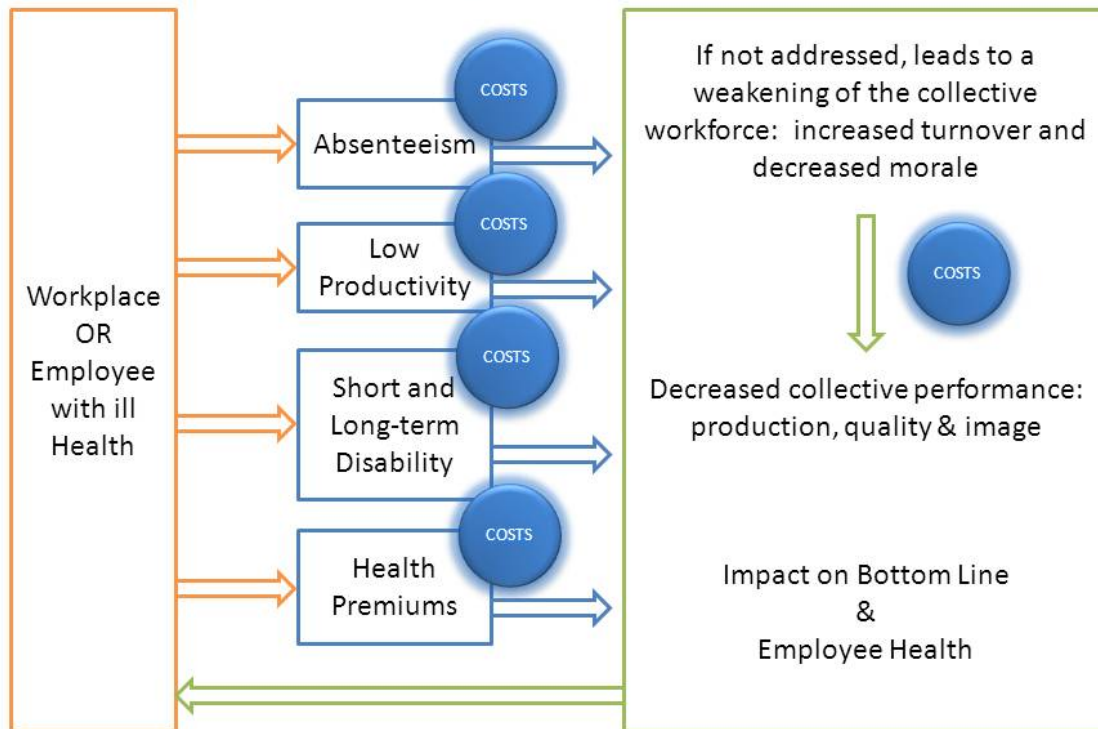


As chronic disease continues to rise in Alberta, the workplace is an ideal setting to influence employee health while improving the employer’s bottom line. Approximately 70% of adult Albertans are in the workforce and spend the majority of their waking hours at work. A large part of our health can be attributed to social, economic and environmental factors such as the settings where we live, work and play. As a result, taking a proactive approach to improving health in the workplace will have a meaningful impact on the health of your employees and will be a good investment for your organization.

An unhealthy workplace OR employee has significant costs:



Adapted from: A guide to the business case for mental health. European Network for Workplace Health Promotion (ENWHP).

Top Reasons to Invest in Workplace Health:

- ✓ **Reduced Absenteeism**
- ✓ **Improved Productivity**
- ✓ **Reduced Short Term and Long Term Disability Costs**
- ✓ **Reduced Health Benefits Premiums**
- ✓ **Improved Workplace Morale**

Costs of Ill Health to Canadian Businesses

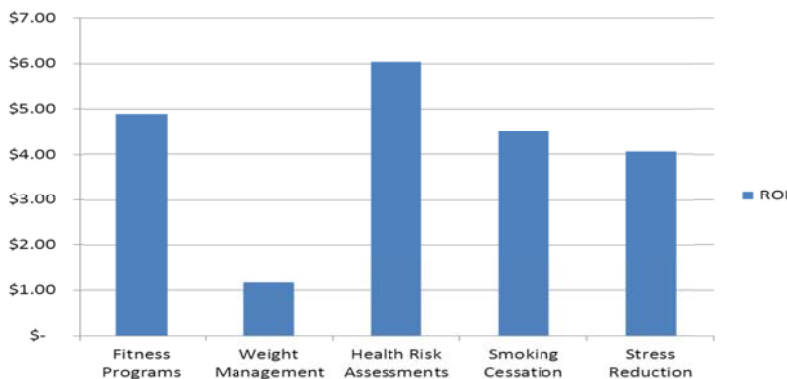
- \$597 per year for each employee who consumes excessive alcohol
- \$4000 per year for each employee who smokes
- \$488 per year for each employee who is sedentary
- Mental illness costs businesses \$50 billion per year
- Absenteeism costs businesses \$17 billion per year

“The cost of health is less than the cost of disease” –
Dee W. Eddington

Return on Investment

Workplace Health Programs (WHPs) can reduce the cost of ill health and maximize your return on investment (ROI).

Examples of ROI for every 1 Canadian Dollar spent



After 3-5 years the average ROI is \$3.00 for every \$1.00 spent on WHP

Canadian Organizations have Impacted their Bottomline & Organizational Culture

- CIBC’s workplace health program established a childcare centre for their employees which resulted in an absenteeism reduction of 2,500 days in year one and productivity savings of \$1.5 million
- The Federal Government’s corporate wellness programs produced a return of \$1.95-\$3.75 per employee for every dollar spent
- Canadian Life Insurance reported a savings of \$3.43 for every \$1.00 spent on its physical activity program

Maximizing ROI through Workplace Health Programs

- A successful WHP requires the following core components: support from leadership, employee engagement, integration into organizational business plans and/or strategies, effective communication of health initiatives, and continuous evaluation of workplace health programs, policies and activities
- Using these core components as a framework a set of resources has been developed to help employers implement workplace health activities

Take Action Today!

Contact us today to participate in our free workplace health improvement pilot project.