

# The Employee/Employer Health Connection

CEO Participation and offering programs tailored to employee health goals are important ways employers can show their commitment to employee health and positively impact employee health program engagement.

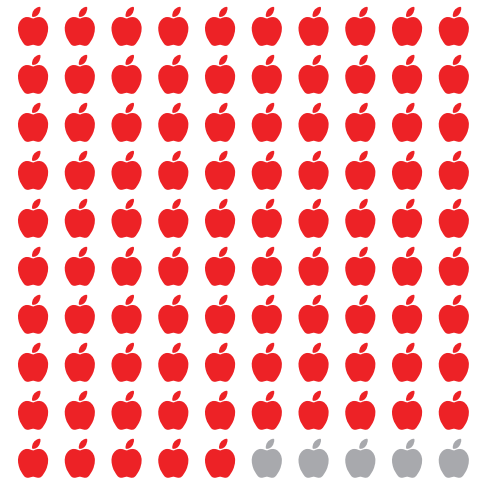


**67%** Say their employer is committed to the health of employees

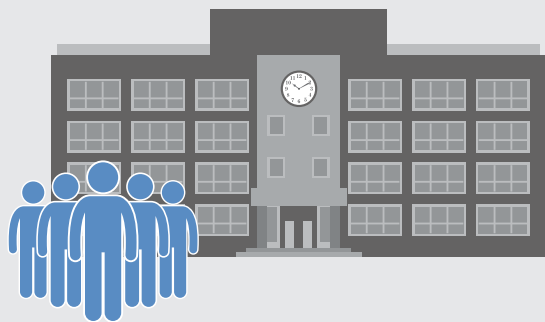
That rises to **76%** among those who participate in employee health programs (vs. **52%** of those who do not participate)



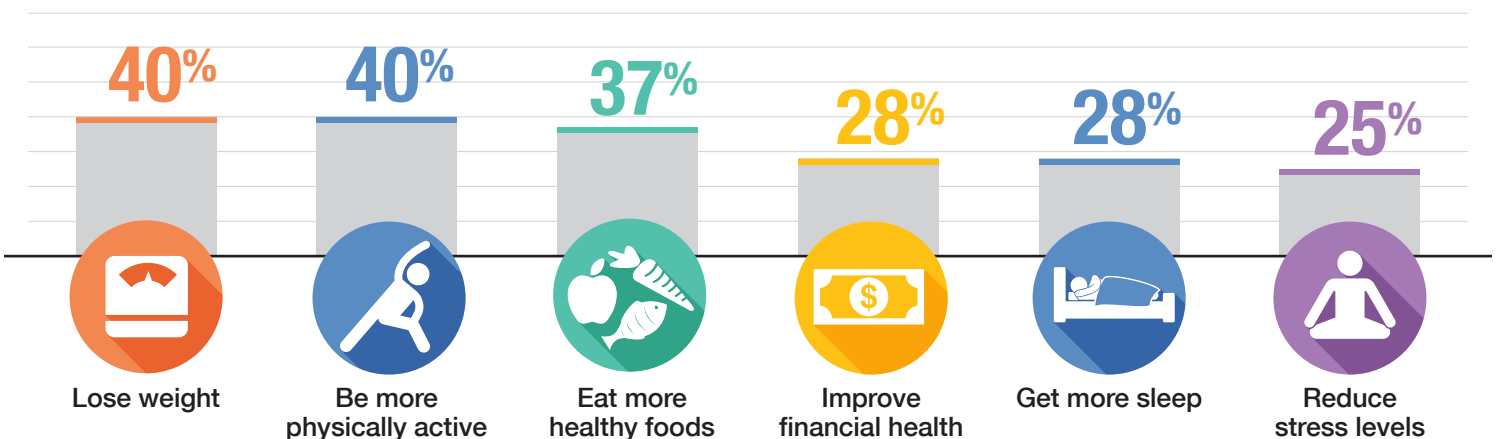
**40%** Say their job gets in the way of their health



**95%** of employees say they feel better when they eat right and exercise



## Many employees are working towards health goals



## Employers can:

- ✓ Offer programs that would help employees meet their health goals
- ✓ Consider generational differences in program offerings & communications
- ✓ Communicate leadership participation



## Lead The Participation

**93%** of those who know their CEO participates in employee health programs agree **“My employer is committed to the health of employees”** compared to only **55%** who say their CEO does not participate. They are also more likely to report positive outcomes of participating in the programs.

## Programs they would like offered to help meet their goals:



Free or reduced gym membership



Weight loss programs

Employees who have participated in programs are more likely to say the **availability of programs have had a very strong or strong influence on their commitment to their health:**

**49%** -vs- **32%**