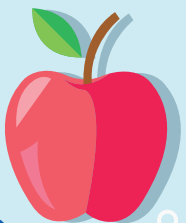


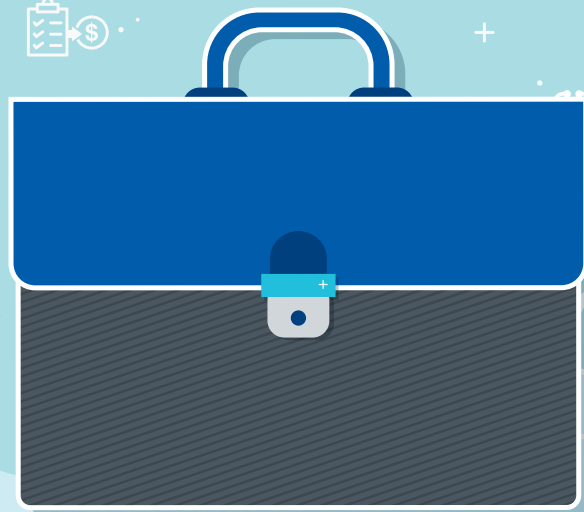
# Employee Wellness Month



**70%**  
of companies offer wellness programs to **help employees improve their health.**



**64%**  
of employees underestimate the value of **wellness-related incentives**, which at U.S. companies average \$742\* per employee per year.



**70%**  
of employees are interested in **proactive steps to improve their health.**

**63%**  
of employees are unwilling to devote more than an hour a day to **improve their well-being.**



**25%**  
of employees own **activity trackers.** (from 13% in 2016)



**59%**  
of employees say company wellness programs have **improved their health.**