Healthy Employee Statistics and Benefits

Employees who exercise 30 minutes a day were 15% more likely to have a higher job performance. ~Health Enhancement Research Organization (HERO) & the BYU Center for Health Research at Healthways.

Obesity costs employers $73.1 billion per year and double the workers compensation claims.

Average Medical claims cost per 100 employees was $51,019 for obese employees compared to $7,503 for non-obese employees.

Obese Men take 6 more sick days per year. Obese Women take 9.4 more sick days per year. In total, absenteeism cost is nearly $6.4 billion per year due to obesity. ~2-4: Northeast Business Groups 2013 "Weight Control and the Workplace" report.

Medical costs decrease approximately $3.27 for each dollar a business spends on wellness. ~2013 Aflac Workforces report.

Employee wellness has been shown to reduce absenteeism, increase productivity, reduce health care costs, and improve employee health, energy & morale.

Sick days are reduced by 27% in employees who maintain a regular exercise schedule and health diet. ~BYU

Healthy workers are 3.7 times more productive than their unhealthy colleagues: Healthy workers produced 140 "effective working hours" per month, while the least healthy workers produced only 45 "effective working hours" or 3.1 times less. ~World Economic Forum and the Harvard School of Public Health year.

Corporate Sizes

- Large Corporations
- Standard: 15%
- Minimum 10 New Members

- Medium Corporations
- Payroll Deduction: 17.5%
- Minimum 7 New Members

- Small Business Corporations
- Annual, Paid in Full: 20%
- Minimum 5 New Members or 75% of total employees

Membership Discounts

- Standard: 15%
- Payroll Deduction: 17.5%
- Annual, Paid in Full: 20%