

The three Cs: consult, communicate and care.

It's encouraging that 75 per cent of UK working adults are engaging with health and wellbeing benefits provided to them. But more can be done by employers to encourage higher usage levels.

Nearly half of employees said that they would engage more with health and wellbeing initiatives if their employer asked them what they'd like, and 30 per cent asked for better communication by the employer about what programmes are on offer to them.

74 per cent of employees agreed that it's important for health and wellbeing to be promoted and supported.

When asked what would make you engage more with work health and wellbeing initiatives, 27 per cent said if their employer cared more or showed more interest about their health and wellbeing they'd engage more with what is on offer.

And 74 per cent of employees also agreed that knowing that their employer cares about their health and wellbeing would make them more likely to be satisfied, loyal and motivated at work.

“For my employer to actually show an interest instead of lip service”

Of the quarter of employees that aren't engaging with workplace health and wellbeing the main reason why is because they look after their own health and wellbeing without needing support from work. Only 5 per cent said there was nothing that their employer could do to get them to engage with workplace health and wellbeing initiatives.

“Pressures at work and expectations undermine wellbeing initiatives to some extent”

“Give us time to go, the very people who need anti stress programmes are too busy to go”

And three quarters of employees recognised that an unhealthy lifestyle reduced productivity and performance at work. Therefore for employers, enhancing the health and wellbeing of the workforce has an influence on the performance of the organisation, the quality of its products and service, and its reputation.

“Make it easier to engage – less forms. Clear information which is easy to find”

A little bit about us.

Since 1919, we've been at the forefront of keeping hardworking people fit and healthy.

Almost a century on, we're still here. Our best in class products give employees access to an impressive range of benefits that can help keep your workforce at their healthy best and really help your business to thrive. And because we're not for profit, we keep investing our surplus to constantly improve our products and services.

Here to help

We'll always work hard to make sure that the way we deliver our health cover is as exceptional as the cover itself. So if there's anything you want to know about us or the plans we offer, we're right here.



Phone 0845 602 1629
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Online westfieldhealth.com

Westfield Health
Harder working health cover

Survey reveals employee views about Health and Wellbeing programmes in the workplace.



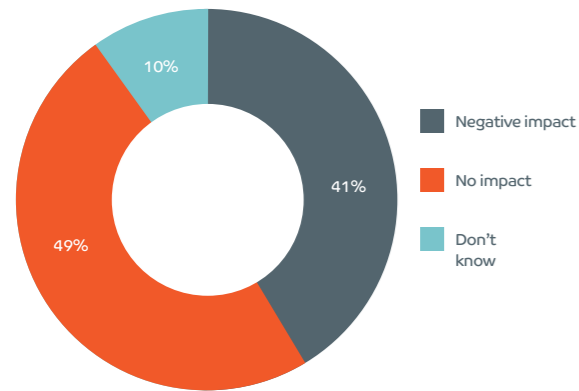
'The Employee View – Health and Wellbeing in the Workplace', survey of 1,500 UK working adults across the country found that nearly 80 per cent of employees believe that the responsibility for managing employee health and wellbeing should be shared between both the employer and employee.

- Two-fifths of UK workers say their working environment is having a negative effect on their health and wellbeing
- Majority believe that responsibility for managing employee health and wellbeing should be shared between the employee and employer
- Employees recognise that an unhealthy lifestyle reduces productivity and performance at work
- Employees feel that knowing that their employer cares about their health and wellbeing increases their loyalty, satisfaction and motivation at work
- Employees said that if they were asked about what health and wellbeing programmes they would like it would result in greater levels of engagement
- Employees said that it is important for workplace health and wellbeing benefits to not only be effectively communicated, but also to know their employer cares.

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The impact of the working environment.

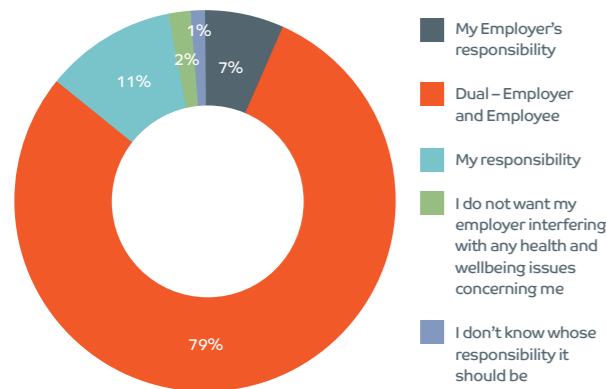
Respondents' views were almost equally split about whether, or not, their working environment was having a negative impact on their health and wellbeing, such as stress, lifting heavy equipment, sitting all day, standing all day, etc. However, despite this 60 per cent felt that their health is 'Fairly Good'.



"My health and wellbeing is my responsibility, but my employer should ensure that the environment I work in doesn't have a detrimental effect on my health"

A shared responsibility.

79 per cent of employees believe that the responsibility for managing employee health and wellbeing should be shared between the Employer and Employee – giving impetus for closer working to boost employee health. Only 7 per cent felt it was solely the employer's responsibility.



"I am responsible for my health, but my work environment and welfare on site should be managed effectively by employers"

The employee view.

These survey results have been gathered by Westfield Health. As a leading provider of corporate health insurance, we offer flexible plans that work as hard as your business. We asked 1,500 UK employees from businesses across the country a range of questions about health and wellbeing in the workplace.

25%

aren't engaging with workplace health and wellbeing programmes, mainly because they look after their own health without support from work, but 15% don't have the time to engage

75%

recognised that an unhealthy lifestyle reduces productivity and performance

30%

would engage more with workplace health and wellbeing programmes if their employer better communicated programmes on offer

46%

would engage more with workplace health and wellbeing initiatives if their employer asked them what they'd like

41%

say their working environment has a negative impact on their health and wellbeing, 49% say it has no negative effect

79%

say the responsibility for managing employee health and wellbeing should be shared by employers and employees

5%

said there was nothing that their employer could do to make them engage

74%

agreed that knowing their employer cares about their health and wellbeing would make them more satisfied, loyal and motivated at work