



WHY HPT CORPORATE FITNESS SERVICES WILL IMPROVE YOUR COMPANY'S PROFITABILITY

The benefits below are well established and will ultimately boost your company's success:

- 1) Reduced **absenteeism** due to illness
- 2) Reduced **health care costs** due to illness
- 3) Increased **retention**
- 4) Increased **productivity**
- 5) Improved **morale, recruiting, and company image**
- 6) Increases the **bottom line** for the company

FAST FACTS ON WELLNESS IN THE WORKPLACE

1. An increase in BMI (weight to height squared) is directly related to an increase in **absenteeism** and **health care costs**.¹
2. Every \$1.00 spent on wellness leads to \$3.27 less spent on **health care costs**.²
3. Every \$1.00 spent on wellness leads to \$2.73 less spent on **absenteeism**.³
4. Every \$1.00 spent on wellness for Bank of America led to a \$5.96 Return on Investment.⁴
5. Obese employees are 200% less **productive**.⁵
6. The cost of obesity (66% of employees are overweight or obese) is \$73.1 billion per year.⁶

¹ Burton WN, Chen, CY, Schultz AB, Edington DW, "The costs of body mass index levels in an employed population" Statistical Bulletin Metropolitan Insurance Company, Vol. 80, NO. 3, (july-sep 1999): 8-14

² Baicker K, Cutler D, Song Z, "Workplace Wellness Programs Can Generate Savings," Health Affairs, Vol. 29, No. 2 (2010): 1-8.

³ Baicker K, Cutler D, Song Z, "Workplace Wellness Programs Can Generate Savings," Health Affairs, Vol. 29, No. 2 (2010): 1-8.

⁴ Chapman, Larry, "Proof Positive: analysis of the Cost Effectiveness of Worksite Wellness," Summex Corporation, 1996.

⁵ http://www.sustainablebrands.com/news_and_views/new-metrics/new-metric-wellness-percent-body-weight-lost-and-kept-through-one-year

⁶ Finkelstein, Eric A., DiBonaventura, Marco daCosta, et al., "The Costs of Obesity in the Workplace", Journal of Occupational & Environmental Medicine, Vol.52, No;.10 (Oct 2012): 971-976