

# PHYSICAL WELLBEING



## What do employers think?

Employees' physical and emotional wellbeing are the top priorities for employers over the next three years



Top two physical wellbeing actions that employers are planning or considering in the next two years

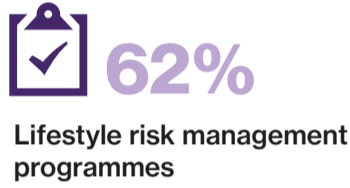
Programmes that target specific cases or chronic conditions



Health screening or health risk assessments for all employees



## Specific actions already taken to improve employee physical wellbeing (top 3)



## How many employers think their efforts in physical wellbeing have been effective?

Encouraging employees to participate in healthy lifestyle activities



Reducing the impact of chronic disease in employees and dependents and supporting during critical illness



## What do employees think?

Around **1 in 8** employees score poorly in all areas of their wellbeing (physical/financial/emotional/social)



## Employees most confident about physical health

socially connected



emotionally balanced



financially secure



physically thriving



Physical wellbeing has improved generally since the pandemic...



...but has declined significantly amongst Gen Z employees



## A spotlight on digital health

The use of apps amplifies the impact of actions on wellbeing for most employees

