



# How Workplace Wellness Programs Make for Better, Happier Employees

Of employees at companies that implement workplace wellness programs...

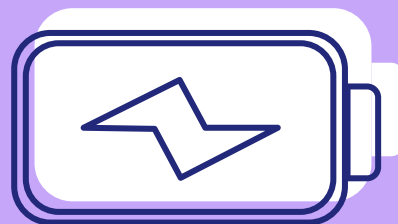
## Health

61% make healthier choices



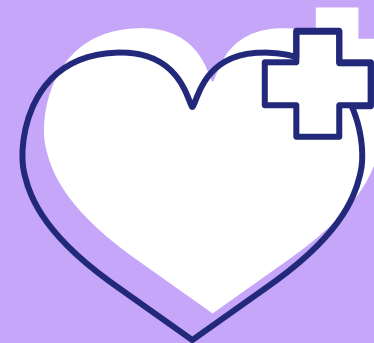
Source: Aflac

50% reduce absenteeism



Source: IFEBP

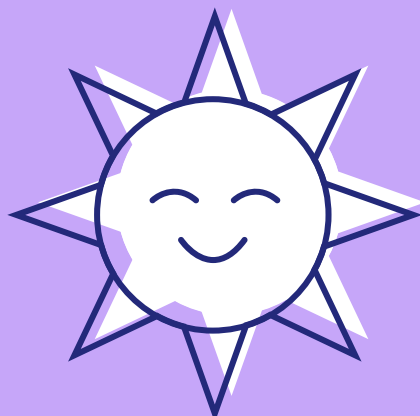
60% have lower medical costs



Source: U.S. Chamber of Commerce

## Happiness

Increase life satisfaction



Source: Harvard Business Review

89% recommend their companies



Source: American Psychological Association

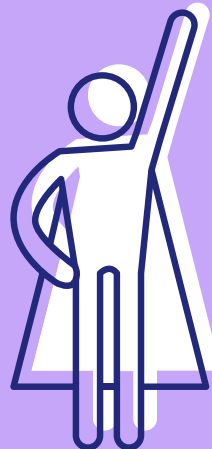
32% are less stressed



Source: HUB International

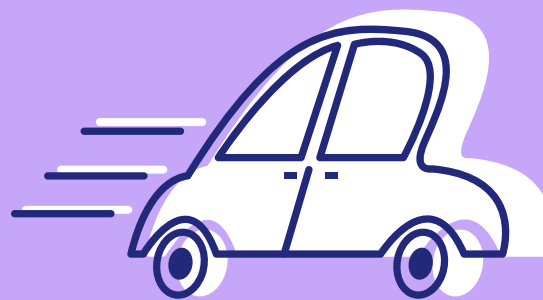
## Motivation

51% show improved morale



Source: HUB International

91% feel motivated to do their best



Source: American Psychological Association

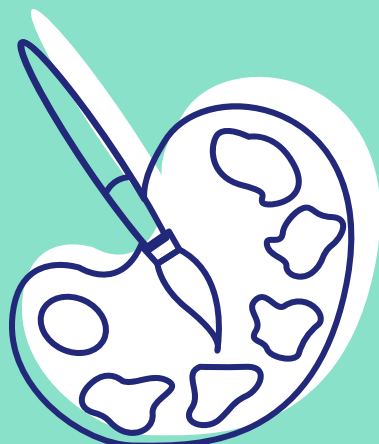
29% more stay at their jobs



Source: HUB International

## Results:

They are 3x more creative



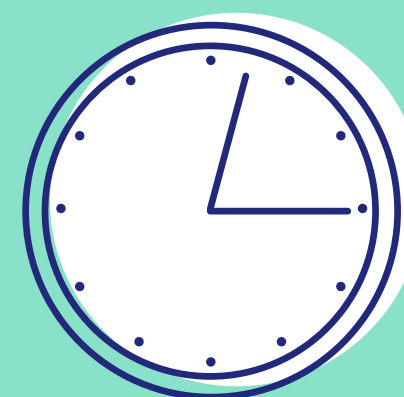
Source: Entrepreneur

They bring in 4x profits and 2x revenue



Source: CIO

They show a 61% increase in engagement and productivity



Source: Deloitte



## About Gympass

On a mission to defeat inactivity, Gympass is a corporate wellness benefit that provides employees unlimited access to thousands of gyms, studios, and physical activities worldwide. Founded in 2012, Gympass has expanded to 14 countries to become the largest corporate fitness solution in the world with more than 50,000 fitness partners worldwide. We help our clients transform their corporate wellness programs, growing their number of active employees, increasing productivity, and improving employee retention. As a result, we've established successful corporate partnerships with over 2,000 companies, including global brands such as Unilever, Citizens Bank, and Paypal.

## References

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