



QUICK READ

# The cost of doing nothing

Why a health & wellbeing platform is a cost - saving investment



[Speak to an expert](#)



**Only 21%**

of employees are engaged at work

**12 billion**

working days are lost every year to depression and anxiety

**1 in 3**

people say their wellbeing is at an all-time low

**51%**

of employees are actively looking for another job

**\$1 trillion**

that's how much mental health issues costs the global economy per year

**37%**

of people fall behind on work when struggling with their wellbeing due to adherence programs





# Employee wellbeing inaction comes at a heavy price

Across the globe, organisations are united by a common challenge - work productivity continues to fall, and labour costs continue to soar.

Employees are still experiencing burnout, they're still quiet quitting, and they're still wanting employers to support their wellbeing.

Take it from us, if you want a thriving business, happy employees, and a company culture to boast about, you need to invest in your employees' wellbeing now.

But where do you start?

**Start with your why** or the problem that's keeping you awake at night. Are you seeing an influx of employee departures? Is productivity taking a nosedive? Are you struggling to keep morale high?

**Next, ask, ask, and ask again.** Go to your employees and ask how you could better support them. You'll quickly see that your employees have unique needs. Some may be struggling financially, others may need mental health support.

And that's where a health & wellbeing platform comes in. You need a health & wellbeing platform that is **personalised, modern, and accessible to all** – so that **you and your employees can sleep easily at night.**





# Unengagement is a productivity killer

Picture this: your employees are stressed out, burnt out, and disengaged. What do you do? What's best for the business? What's best for the employee? What about your customers? And how will this impact other teams?

Before you know it, your entire workforce is feeling the burnout heat, and you've got an HR nightmare on your hands.

And as if that wasn't enough, disengaged employees are also more likely to look for the nearest exit signs. In fact, over half of the global workforce are on the hunt for a new job. Ouch!



**~personify**  
HEALTH

**Employers today face many challenges, including the need to hire and retain staff amid a strong job market that is creating new rules and employer propositions with hybrid work, burnout, and other factors driving change.**

 **Laura Walmsley**  
Chief Commercial Officer  
Personify Health



# Lead with purpose, build a passionate workforce

Remember when The Great Resignation and Quiet Quitting hit the news? These economic-shifting trends show why it's so important to help people feel connected and inspired at work. And before you think "Oh, that's so 2022", employees are still [quiet quitting](#).

Your people want more than a paycheck. They want a purpose. Something to believe in, get behind, and champion.

The Gen-z employees now emerging in the workplace are known as the "purpose-driven" generation. So if you want to hire and retain the newest talent, you must make well-thought-out, purposeful decisions.

Or risk trailing behind.

At the end of the day, businesses thrive when the people within them thrive, and people can't thrive if they don't have a sense of purpose.

[How to build a company culture with purpose](#)





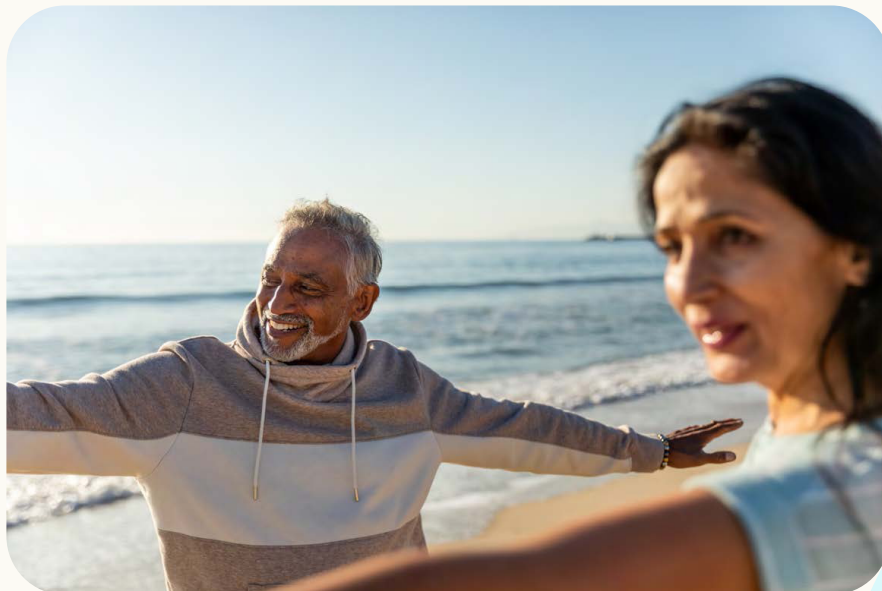
# How Personify Health helps you build a successful, thriving business

## Prove the true value of employee wellbeing

Partnering with Personify Health means you'll gain access to in-depth reporting on core metrics to help your business succeed.

Our world-class health & wellbeing platform, which has changed 14M+ lives, engages people in daily wellbeing activities, encouraging them to take small steps to build healthy habits.

Admins and business leaders get an in-depth, anonymised view of their employees' wellbeing, which can be applied to company goals, business decisions, and business performance.



## Personify Health members report being:



**49%**

more energetic at work



**60%**

are prouder of their company culture



**68%**

more aware of their employee benefits



**31%**

have fewer sick days



# Keep accessibility front and centre

Personify Health boasts a presence in over 190 countries worldwide, providing access to our platform and resources for all employees, regardless of their location.

Our platform provides a huge range of programmes, tools, and challenges to support every aspect of employee wellbeing - from physical activity and nutrition to mental health and sleep.

Wellbeing is a personal journey to all – and that's why your employees need personalised wellbeing content. Your employees can simply select their own wellbeing topics to track and build healthy habits on. Because at Personify Health, we know one-size-fails-all.



# Stronger teams, stronger business

There's never been a more urgent time to connect employees.

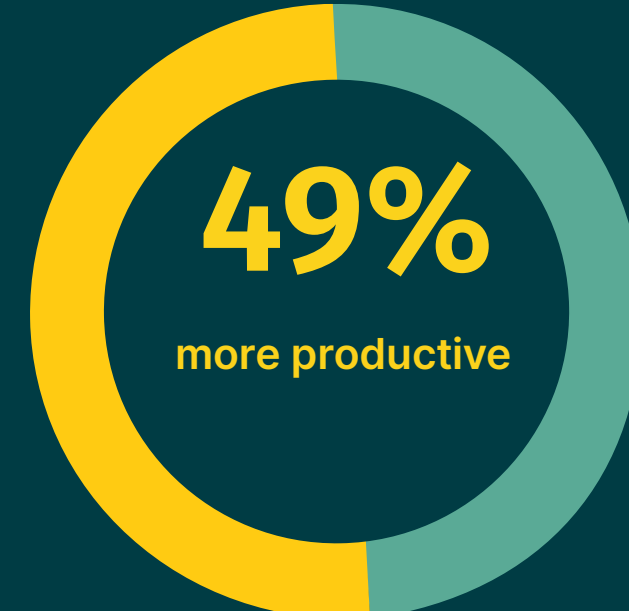
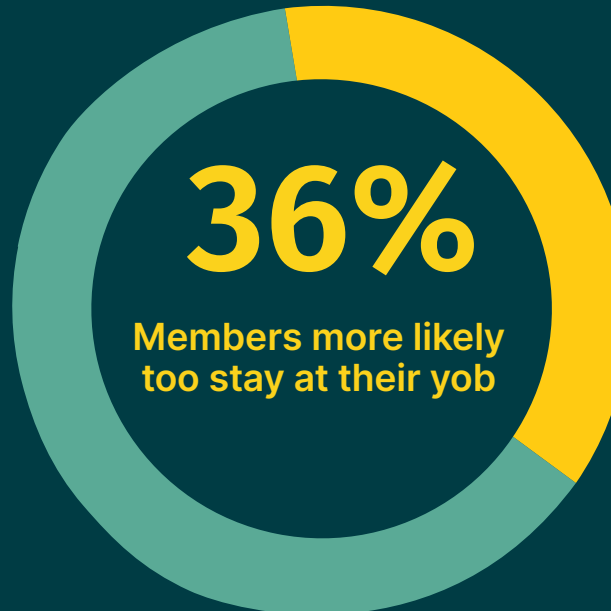
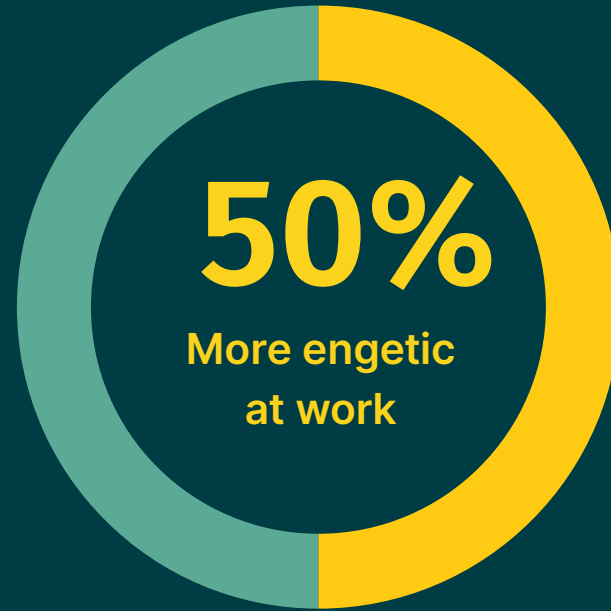
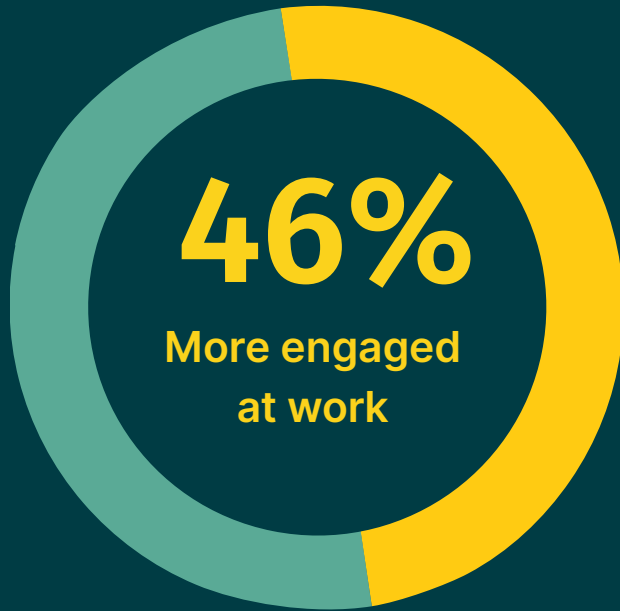
With remote working being the norm, employers must find a solution to bring their teams and people together, wherever they are. That's where a digital wellbeing programme with a team focus can help - to ignite banter, boost culture and unite employees.

Employees get access to active challenges, shout-outs, virtual events, and can even share the platform with up to 10 loved ones. In fact, one client boosted employee happiness by 82% thanks to our health & wellbeing solution.

**We're stronger, together.**



# Personify Health Members are:







**Because health is personal™.**

**It's time to drive real change.  
Together, we'll make your  
employees and your business  
happier and healthier.**



Learn more at link: <https://personifyhealth.com/global/en>

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