

A photograph of two women, one younger and one older, smiling and talking. The number "5" is overlaid on the image in a large, white, sans-serif font, set against a teal circular background.

5 ways to promote workforce wellness

Good workforce health is good business. Here are five ways to help your employees get and stay healthy.

- 1 Support healthy habits.** Focus employee health efforts on the individual habits and social factors that influence 60% of outcomes.¹
- 2 Manage chronic diseases like hypertension and type 2 diabetes.** Reduce the \$36.4 billion a year² in lost days of work due to five chronic health conditions with initiatives that enhance self-management and improve adherence.
- 3 Promote emotional wellness.** Boost workforce mental health with digital tools, employee assistance programs and protective health days to improve productivity and reduce burnout, absenteeism and turnover.
- 4 Embrace telemedicine.** Encourage virtual visits to help employees keep appointments and consult with physicians, specialists, health coaches and pharmacists.
- 5 Engage via screens employees already use.** Offer a digital health solution that delivers automated reminders and updates, biometric feedback and patient education materials to the screens your workforce accesses regularly.

Get more details here.

Check out our factsheet: [How Onduo Helps Your Employees Get and Stay Healthy.](#)

Download the [Mental and Behavioral Health Checklist.](#)

¹ NCHS Data Brief No. 331. January 2019.

² CDC - National Center for Chronic Disease Prevention and Health Promotion - Workplace Health Promotion: How CDC Supports a Healthy, Competitive Workforce. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/workplace-health.htm>. January 22, 2021.