



WORKPLACE WELLBEING FOR GLOBAL EMPLOYERS

The demand for wellbeing is going up, not down, as employees feel the impact of working remotely. More than 50% of employees report increased musculoskeletal pain as compared to when they last worked at the worksite. Additionally, more than 60% of employees reported an increase in worry and anxiety which impacted their sleep.¹

Optum® Workplace Wellbeing solutions can help balance immediate and future workplace requirements by collaborating with you to provide a comprehensive wellbeing strategy for your unique workplace.

Balance workplace needs and drive wellness engagement across the continuum

Optum collaborates with you to provide a comprehensive wellbeing strategy to support your unique workplace needs. We deliver virtual and on-site wellness programmes that can be used across your organisation.

Regardless of where your employees are located, we will:

- Build trust with your employees and drive engagement in wellbeing solutions
- Bridge the experience between on-site and remote workers
- Maintain continuity with your wellbeing programme





Health Promotion Specialist — Manages your wellness strategy across your enterprise by engaging employees in new and existing health and wellness programmes. Specialists work with employees to deliver relevant health information, connect them with existing health services, and support and encourage healthy lifestyle choices.



Wellness Coaching — Delivers support in the form of nonjudgmental coaching. Coaches help employees address prevalent health risks that present an opportunity to improve their health by making long-lasting behaviour changes.



Movement Specialist — Promotes a happier, healthier global workforce by providing empathetic, personalised adjustments to employees' workspace. Specialists help build and facilitate an ergonomic environment and culture.



Digital Solutions — Supports employees' fitness goals through digital platforms. Daily Burn provides access to fitness programmes at home and on the go through multiple platforms and devices. Volt provides sophisticated exercise training with workouts that can be done anywhere. Both solutions are ideal for remote populations or facilities without a fitness center.

5 in 6 companies have changed their health and wellness strategy in light of the COVID-19 pandemic.²

4 in 5 companies who have not changed their strategy are considering doing so.³

Employers who implemented health and wellness programmes at their company reported the following successes⁴:



61% Increased employee retention

58% Improved employee engagement

56% Increased employee productivity

1. Institute for Employment Studies (IES). IES working at home wellbeing survey: Interim findings. employment-studies.co.uk/resource/ies-working-home-wellbeing-survey. April 2020. Accessed 10 May, 2020.
2. 2020 International Wellness in the Workplace.
3. Ibid.
4. Optum Wellness in the Workplace special on-site analysis, 2017/2018.

Optum, a health and wellbeing company that provides information and support as part of your health or wellness plan is not a substitute for your doctor's care and is not intended to diagnose problems or provide treatment recommendations.



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Learn how we can help bring your company's wellness vision to life.



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