

Health and Wellbeing

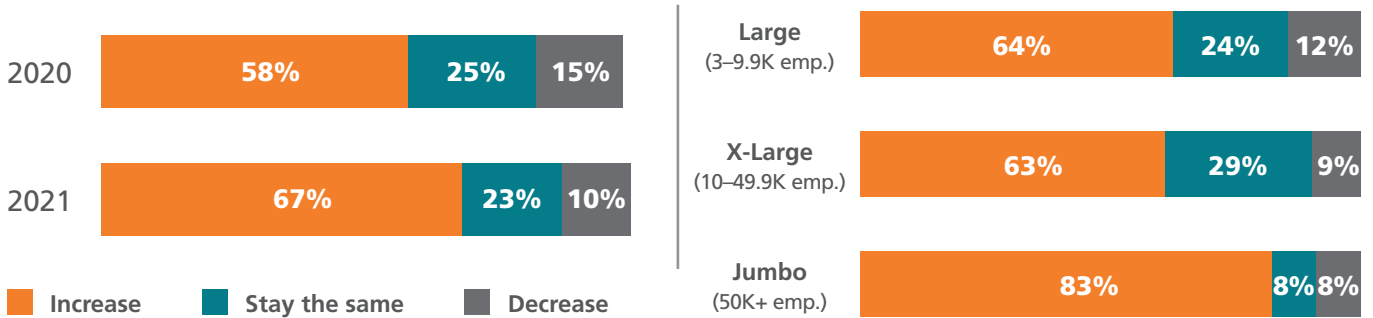
What might the future hold for wellness in the workplace?

Optum surveyed 352 large employers around the world to better understand current health and wellbeing (H&W) strategies and practices. Here's what they told us about their expectations for the near future.

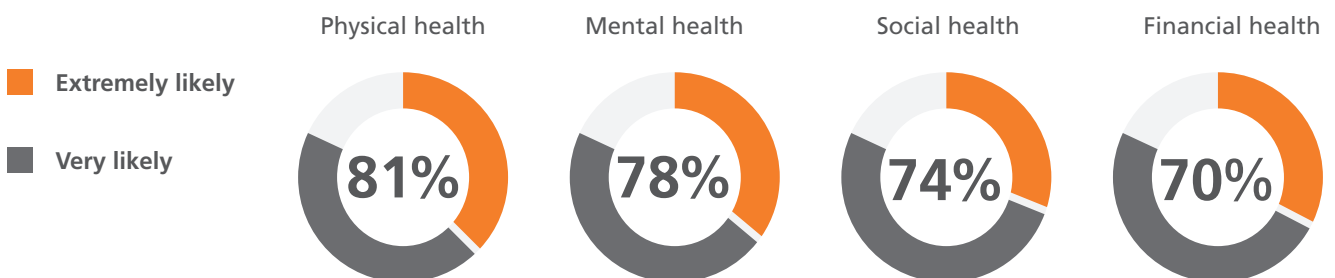


Companies believe programme spending will increase, and many plan to address more aspects of employee wellbeing. Two in three companies — more than last year — expect spending to increase in the next three years. More jumbo-size companies anticipate increased spending than large and extra-large companies.

Q: Do you think your company's proportionate spending on H&W management programmes will increase, decrease or stay the same in the next three years?



Q: How likely is it that your company's H&W strategy will address the following in the future?

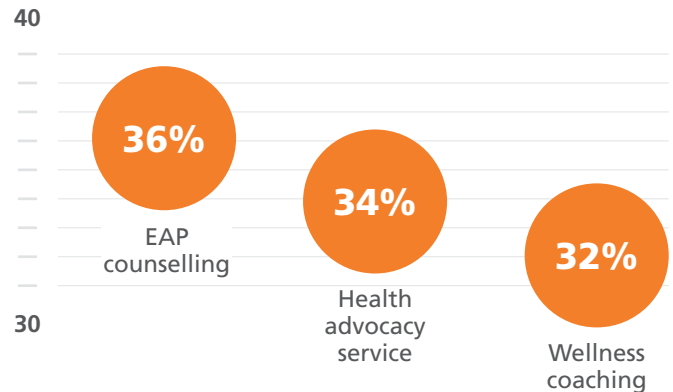




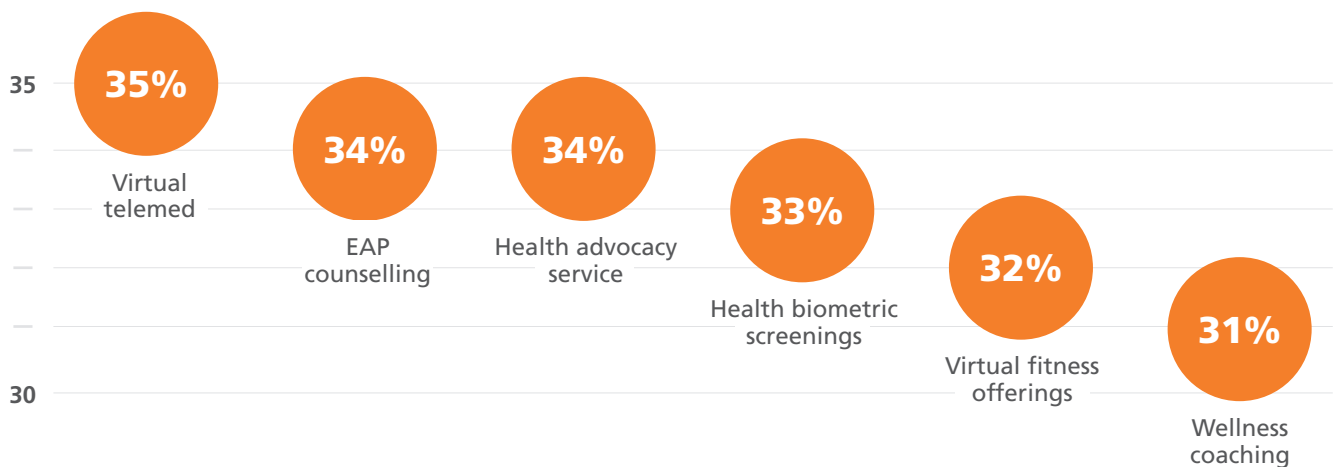
1 in 3

employers are considering additional onsite and virtual health services

Q: Which **onsite** health services are you considering offering as part of your wellness strategy in the future?



Q: Which **virtual** health services are you considering offering as part of your wellness strategy in the future?



Strategy Starter:

Much uncertainty still exists about the ongoing impact of COVID-19. How can you fine-tune your H&W strategy to protect employee wellbeing over the next few years?

Optum can help

We're on a mission to create a healthier world. At Optum, we understand that corporate success starts with a healthy workforce. Our integrated health solutions, including our global Employee Assistance Programme, help advance your health and wellbeing strategy to build a culture of health within your organisation.

Learn more at optum.com/globalemployers.

Survey methodology

- 352 international employers located in APAC, EMEA or LATAM regions
- Global companies with >3,000 employees
- Decision makers in human resources, executive, management or administrative role
- Online survey administered 1 April–28 April 2021



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names and trademarks or registered marks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2021 Optum, Inc. All rights reserved. Confidential property of Optum. Do not distribute or reproduce without express permission from Optum.