Employee Wellness Programs: Savings for Organizations and Employees

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ABSTRACT

An employee wellness program may be implemented into a company’s strategic plan by the human resource department to support the health and well being of the employees, while also offering incentives and healthcare cost savings. With ever-changing healthcare laws and increasing costs, companies are looking for a solution to benefit all. Organizations are facing the effects of chronic diseases among their work force, which in turn may increase their healthcare costs in order to medicate. By strategically developing, implementing and communicating a well-rounded wellness program, organizations can achieve a higher morale of their employees and decrease their overall healthcare costs.

Keywords: Wellness, Strategic plan, Healthcare, Morale, Organizations