

# ONSITE HEALTH & WELLNESS PROGRAM STATISTICS



## advantage WELLNESS

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The following is a representation of what one company experienced from onsite health and wellness. (This particular company's employees spend their work day performing tasks while viewing through microscopes to perform precision manufacturing and assembly of minute components of their product.)

### **Initial Pilot Group**

- 81% reduction in headaches that interfered with work;
- 88% of participants showed significant reduction in reported muscle spasm and tension that bothered them while they worked;
- Of the participants who suffered from restricted cervical range of motion, 98% showed significant objective improvement;

### **First 18 months of the program**

- 283 fewer hours of absenteeism for the first 100 participants;
- Work comp costs for repetitive stress injuries:
  - Last 6 months of 1996 (extensive overtime)
    - \$ 6.07/employee in the program (\$607.00)
    - \$277.09/employee not in the program (\$96,982.00)
  - 1997
    - \$ 4.55/employee in the program (\$455.00)
    - \$32.81/employee not in the program (\$11,996.00)
- No missed days of work due to injury for those in the program;
- No work comp claims over \$500 for program participants.

*“Restoring, Maintaining and Motivating Your Workforce.”*