

What's in it for me?

Potential
returns on
investment



25.3%

fewer sick
days

24.5%

lower disability
management
costs

26.5%

lower health
costs

According to the Centers for Disease Control and Prevention, more than **75%** of employers' **health care costs** and **productivity** are related to employee **lifestyle** choices.

A circular graphic with a green center and a blue border. The border contains the text 'employees are active', 'employees are healthy', and 'employees are happy' in a curved path. The center contains the text: 'According to the American Public Health Association, you could save \$12 for every \$1 spent on biking and walking opportunities.'

A circular graphic with a green center and a blue border. The border contains the text 'employees are active', 'employees are healthy', and 'employees are happy' in a curved path. The center contains the text: 'Some companies have saved up to \$613 on health care and disability costs per participant annually.*'

* Steve, GM., Muchmore, L., & Gardner, H. Quantifiable impact of the contract for health and wellness: Health behaviors, health care costs, disability, and workers' compensation. (2003, February). *Journal of Occupational and Environmental Medicine*. 45(2), 109-117.