



Workplace Wellbeing for global employers

A comprehensive wellbeing strategy for your unique workplace



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.¹ Additionally, 38% of employees say their mental health has gotten worse in the past couple years.²

Optum Workplace Wellbeing solutions can help you balance immediate and future workplace requirements. We collaborate 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 onsite 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 onsite and remote workers
- Maintain continuity with your wellbeing programme
- Collect and analyse programme data

Solutions:



Health promotion specialist



Wellness coaching



ErgoPro



Digital fitness



Health Promotion Specialist – Manages your wellness strategy 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 nonjudgmental coaching. Coaches help employees address their health risks and improve their health by making long-lasting behaviour changes.



ErgoPro – Addresses musculoskeletal issues by providing a highly credentialed ErgoPro specialist with a proprietary assessment tool.*



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

3 in 4

companies have changed their health and wellness strategy in light of the COVID-19 pandemic.³

4 in 5

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

Employers who implemented health and wellness programmes at their company reported the following successes⁵:

- 61% increased employee retention
- 58% improved employee engagement
- 56% increased employee productivity

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



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

* Assessment tool platform in English only.

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 2021.
2. Optum 2022 International Wellness in the Workplace Benchmark Study.
3. Ibid.
4. Ibid.
5. Optum Wellness in the Workplace special on-site analysis, 2017/2018.

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