

## Why Take Part In Britain's Healthiest Workplace 2019?

**BRITAIN'S  
HEALTHIEST  
WORKPLACE**



# Today's Speaker



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# What Is Britain's Healthiest Workplace?

One of the largest initiatives in the UK that seeks to understand the impact of employee health and engagement on productivity.

## THE STUDY

Since **2013**, nearly **450** employers and over **158,000** individuals have taken part in the survey



## OUR 2018 WINNERS

	Healthiest Workplace	Most Improved Workplace	Healthiest New Entrant
Large	Nomura International PLC	Siemens Rail Automation	Atkins
Medium	Adidas	Tideway	Gerald Eve LLP
Small	Wellness International Ltd	Blue Motor Finance	Wellness International Ltd

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## TOP EMPLOYEE RISKS



**65.2%**  
**Nutrition**  
Not eating five fruit and veg



**29.8%**  
**Alcohol**  
Exceeding recommended units



**30.1%**  
**Physical activity**  
150 minutes or less moderate to high-intensity sessions per week

## THE IMPACT ON EMPLOYERS

**13.63% of work time**  
lost due to absence (1.16%), and presenteeism (12.47%).

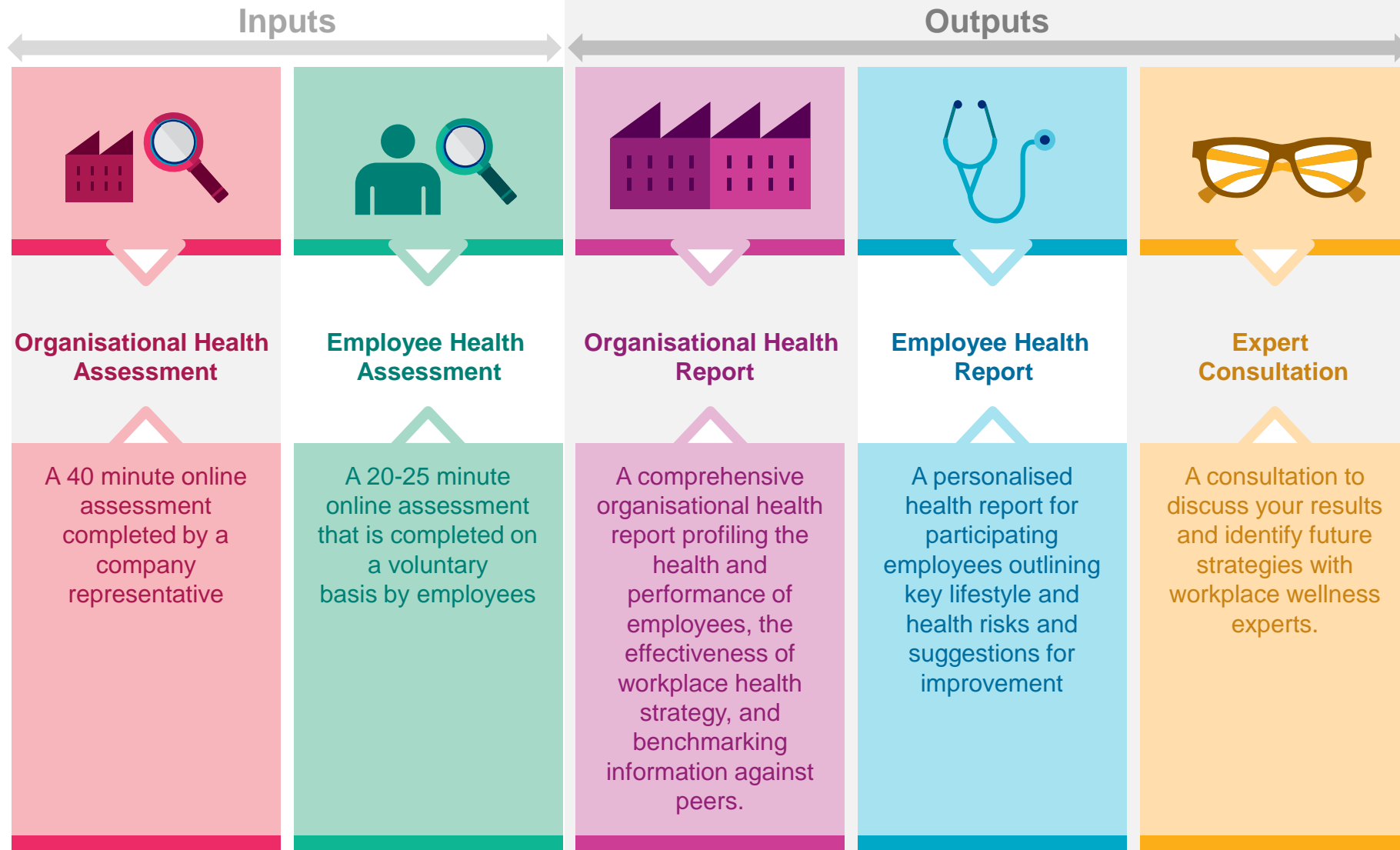
That equates to **35.6 days**  
lost per employee per year.

**11.5 days**  
- the amount of productive time the healthiest organisations were able to save on average per person per year compared to a typical workplace.

# Why Participate In The Study?



# How It Works



## WHAT PARTICIPANTS SAY

*“We have used the insights provided by the survey to keep evolving our approach every year. We’d encourage other organisations to take part.”*

Adidas UK

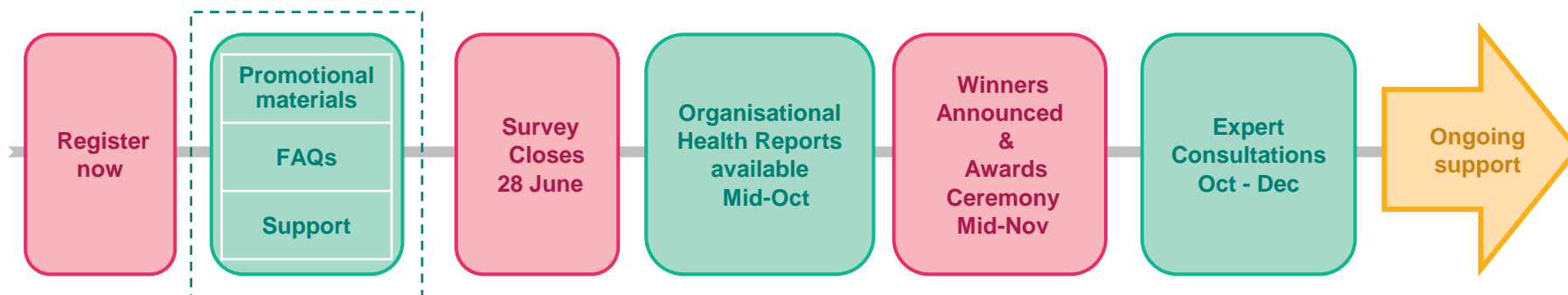
*“Britain’s Healthiest Workplace sends a clear message to employees that not only are we looking after their health, we’re also working to improve it.”*

Nomura International plc

*“Britain’s Healthiest Workplace has helped us gain valuable insights on how we can improve our work environment and encourage our employees to make healthier lifestyle choices.”*

Dixons Carphone

# BHW Timeline





# Questions?

Please type your questions in the Q&A section of the toolbar and we will do our best to answer as many questions as we have time for.

To submit a question while in full screen mode, use the Q&A button, on the floating panel, on the top of your screen.



CLICK HERE TO ASK A QUESTION  
TO "ALL PANELISTS"



**Paul Hollingdale**  
Mercer Marsh Benefits

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# MERCER MARSH BENEFITS™

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