

## 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%).

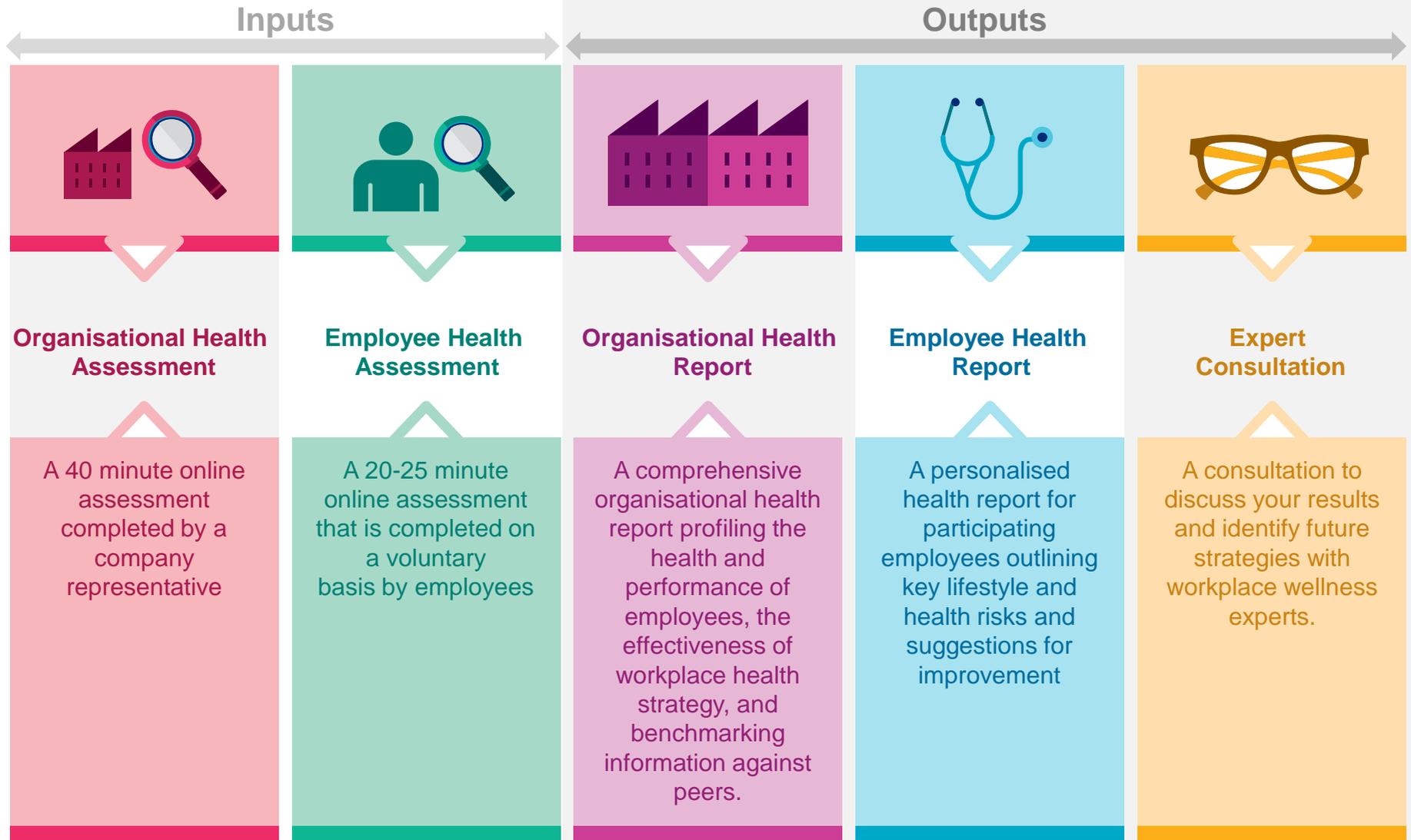
That equates to **35.6 days**  
lost per employee per year.

**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

## FEEDBACK

Please take the time to fill out the feedback form at the end of this webcast so we can continue to improve. The feedback form will pop-up in a new window when the session ends.



# MERCER MARSH

## BENEFITS™

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