



vgy.or.ous strong, healthy,
full of physical and mental energy

Digital Employee Wellness Programs For Improved Employee Engagement And Productivity

www.vygor.health
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Why an Employee Wellness Program?

A **Corporate Wellness Program** can be defined as an “organized, employer sponsored program that is designed to support employees (and, sometimes, their families) as they adopt and sustain behaviors that reduce health risks, improve quality of life, enhance personal effectiveness, and benefit the organization’s bottom line.”

- Harvard Business Review

Surveys prove:

Employees who feel stressed out during work days.

71%

Employees who don't feel stressed out during work days.

20%

Workplace Stress:

Compounding pressure on the American workforce

Overweight/
Obesity due to
stress:

66%

37%

Vygor Synergy™ Digital Employee Wellness Program

Synergy. a whole that is greater than the simple sum of its parts.

Healthy Habits
Habits development and tracking



Mental Health

Stress Management, Mindfulness Meditation & Cognitive Behavioural Therapy.



Virtual Fitness
Yoga, strength, cardio classes & personal trainers.



Motivation

Social support & Contests.



Programs
Weight Loss & Diabetes Management Programs.



Nutrition

Recipes, Meal Plan, AI & Human Coaching.



Benefits of an Employee Wellness Program

For every \$1 invested, medical costs are reduced by **\$3.27** and absenteeism costs are lowered by **-\$2.37**



When Senior Leadership support wellness programs, 91% feel motivated to do their best.

VS

38% without leadership support and motivation.

Source: American Psychological Association

Employee Engagement for employees who use wellness programs jumps to 48% of highly engaged employees

VS

30% for employees who do not use any wellness programs.

Source: Harvard Business Review



To find out how Vygor's Holistic Employee Health and Wellness Program - Synergy™ - can help improve employee productivity, please contact us at:

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