

Financial Well-being



Onlife[®]
HEALTH

Emotional and Physical Health are Equally Important.

Stress can turn into a chronic illness. In the workplace, stress costs businesses up to \$300 billion a year¹ due to:

1. Impaired performance and productivity.
2. Higher absenteeism, turnover and complaints.
3. Disengagement with the job, colleagues and customers.

For nearly three out of four adults, the main cause of stress is money and finances.² Employees carry their worries with them to work, and that hurts productivity.

We can help by:

- Assessing employees' perceived levels of stress.
- Offering unbiased information and resources to members at high risk due to stress.
- Linking members to their employer's financial programs.
- Offering multiple assessments to trigger recommended content and activities to help individuals improve their financial well-being.
- Reaching out with support and coaching to help manage stress.

Being well means having a healthy mind and body. With the right help, employees can reduce stress, be more productive, and sleep better at night.

Contact us to learn how we can help your organization reduce the stress that's keeping employees from performing at their best.

1.888.676.3975 / engage@onlifehealth.com



¹World Health Organization

²American Psychological Association. 2015. Stress in America™. Paying with Our Health. <https://www.apa.org/news/press/releases/stress/2014/stress-report.pdf>.