



GOOD HEALTH = GOOD BUSINESS

THE COST OF POOR HEALTH AT WORK

Your people may be suffering from any of these problems, which affect the team's performance.

LOSS OF PRODUCTIVITY BECAUSE OF:

- Absenteeism (Annual cost of absence has increased to \$1,235 per employee in 2023)
- Staff turnover
- Staff sickness

POOR INDIVIDUAL PERFORMANCE BECAUSE OF:

- High stress
- Burnout
- Insomnia and poor sleep
- Depression
- Chronic health problems

PROFITABILITY AFFECTED BECAUSE OF:

- Increased medical spend
- Reduced revenue and declining profits

POOR WORK CULTURE BECAUSE OF:

- Negativity- low mood, exhausted and grumpy managers and colleagues
- Disengagement- people not wanting to go to work

WHY INVESTING IN HEALTH MATTERS TO YOUR BUSINESS

ROI FOR WELLBEING PROGRAMMES

- \$5.3 for every \$1 invested- Deloitte NZ (July 2022). The numbers are almost the same in Australia, the USA and Europe
- People who are well at work are more creative, loyal, and PRODUCTIVE
- Better customer satisfaction
- Monash University reviewed 152 studies worldwide- conclusion: Health impacts productivity at work

BENEFITS

- Fewer health related costs
- Increased attendance and 'presence' at work
- Greater productivity and a better team culture
- A more profitable business
- Brand reputation in market of being a good employer

RELEVANT STATISTICS AND FACTS

- Average cost per employee absence is \$1,235 (and that doesn't factor in lack of productivity at work from not being well).
- Rate of absence now a record 5.5 days annually.
- NZ engagement rate is only 22%. This means a huge number of workers at risk of burnout.
- MBIE recommends an increased need for education to encourage behavioral change.

Contact Now

+64 9 242 3037

kent@kentjohnshealth.co.nz

www.kentjohnshealth.co.nz