



**Vitality**  
HEALTH INSURANCE

**BRITAIN'S  
HEALTHIEST  
WORKPLACE**

BRITAIN HAS A PROBLEM...

£73 BILLION

THE COST OF LOST PRODUCTIVITY TO THE UK ECONOMY EACH YEAR\*

\*BRITAIN'S HEALTHIEST WORKPLACE 2016

# BRITAIN'S HEALTHIEST WORKPLACE OVERVIEW

Organisations are failing to adequately invest in the health and wellbeing of their employees, which is costing the UK economy £73 billion a year in lost productivity. This is why Britain's Healthiest Workplace is important.

Britain's Healthiest Workplace is the UK's most comprehensive workplace wellness study. Its approach is unique in that it draws the link between the workplace and employee wellness engagement, and measures the impact of this engagement on health and productivity outcomes.

Since inception in 2013, 400 organisations and 100 000 employees have taken part in the study. Previous winners include organisations such as GSK, Nomura, Adidas and Sweaty Betty.

## THE STUDY IS DELIVERED THROUGH A NUMBER OF UNIQUE ASSETS:

- **Vitality Age** - A validated measure of a person's 'health age' after adjusting for the impact of lifestyle behaviours and clinical indicators.
- **Advisory Board** - An expert advisory panel chaired by Dame Carol Black and comprising leading figures in the fields of workplace wellness, public health and mental wellbeing.
- **Academic Partners** - Analysis and research for Britain's Healthiest Workplace is conducted by the University of Cambridge and RAND Europe.

# BRITAIN'S HEALTHIEST WORKPLACE **INSIGHTS**

**4** **3**  
**YEARS** **MONTHS**

Vitality Age Gap - the average number of years by which a person's 'health age' exceeds their actual age.

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**10.9%**

The proportion of available working hours lost on average due to absenteeism and presenteeism. This equates to more than 27 days per employee per year.

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**33**  
**DAYS**

The equivalent extra productive time available to the healthiest employees each year.

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**86%**

The percentage of bottom quartile employers in 2015 that improved their health and wellbeing profile score in 2016.

# WHY SHOULD MY ORGANISATION PARTICIPATE?

While some companies are investing in workplace wellness, they face significant challenges in changing the lifestyle choices made by their employees, and improving their health as a result.

## **BRITAIN'S HEALTHIEST WORKPLACE AIMS TO HELP YOUR ORGANISATION:**

- Understand the health and wellbeing profile of your employees across a number of dimensions, such as lifestyle behaviours, clinical indicators, mental wellbeing, and workplace stress.
- Identify attitudes to health, and motivation to change, amongst your employees.
- Understand the extent to which your existing wellness facilities are being used, and their overall effectiveness in improving employee health.
- Provide benchmarking information against other participating organisations.
- Establish best practice solutions to inform future HR strategies.

Britain's Healthiest Workplace is available to all organisations with 20 or more employees, and participation is free of charge.

## **REGISTER TO PARTICIPATE IN BRITAIN'S HEALTHIEST WORKPLACE 2017**

**Find more information and register at:**

**[healthiestworkplace.co.uk](http://healthiestworkplace.co.uk)**

**Or contact us at:**

**[support@healthiestworkplace.co.uk](mailto:support@healthiestworkplace.co.uk)**

# BRITAIN'S HEALTHIEST WORKPLACE

## 2017 PROCESS

### 1. ORGANISATIONAL HEALTH ASSESSMENT

A 20-30 minute online assessment completed by a representative from your organisation.

### 2. EMPLOYEE HEALTH ASSESSMENT

An online assessment that is completed on a voluntary basis by your employees. Participating employees immediately receive a personal report outlining their Vitality Age, key lifestyle and health risks, and suggestions for improvement.

### 3. ORGANISATIONAL HEALTH REPORT

A comprehensive report outlining the health of your organisation and employees, providing benchmarking information, and offering practical suggestions to support employee health and productivity improvement.

### 4. EXPERT CONSULTATION

A consultation where you can discuss your results and identify future strategies with a workplace wellness expert.

# BRITAIN'S HEALTHIEST WORKPLACE 2016 WINNERS

	SMALL 20 - 249 EMPLOYEES	MEDIUM 250 - 999 EMPLOYEES	LARGE 1,000+ EMPLOYEES
<b>OVERALL WINNERS</b>			
<b>HEALTHIEST WORKPLACE</b>	FORSTER COMMUNICATIONS	ADIDAS UK	NOMURA INTERNATIONAL PLC
<b>CATEGORY WINNERS</b>			
<b>HEALTHIEST EMPLOYER</b>	EVERSHOLT RAIL (UK) LIMITED	ADIDAS UK	GSK
<b>HEALTHIEST EMPLOYEES</b>	FORSTER COMMUNICATIONS	SWEATY BETTY	NOMURA INTERNATIONAL PLC



How healthy is your business?  
Find out more information and register  
to participate at [healthiestworkplace.co.uk](https://healthiestworkplace.co.uk)

 @BritsHealthiest