

# Why Corporate Wellness Is More Important Now Than Ever

*The need to educate workers on the importance and advantages of wellness programs has become even more critical as we adjust to a new normal.*

wellness plans are designed to support health and well-being in the workplace by introducing a holistic approach that aims at creating a culture of health among employees – a culture of health that will be embedded within the broader corporate culture. Providing a thoughtfully-curated wellness program, that will help your employees adopt a healthier lifestyle, can increase productivity, enhance your employees' engagement and decrease absenteeism, all while reducing medical costs. It can also create a competitive advantage for companies that aim to recruit and retain top talent.

Therefore, a wellness plan not only boosts healthy outcomes for employees but also has a positive impact on the business side of things. But when a company decides to invest in corporate wellness, it is critical to choose a wellness program that actually works. You must find a trustworthy business partner that can implement a well-designed and executed plan that fosters well-being in the workplace and promotes a healthy work environment where workers will be happy and productive. One of the premium choices out there is JETSWEAT, as we offer high-quality and practical wellness programs, with customization options and exclusive content to satisfy any and all needs.

## Growing Importance

The concept of corporate wellness is not new. However, now more than ever, promoting well-being in the workplace is vital. As we continue adjusting to the new normal brought on by the pandemic, it is important to work toward protecting and enhancing employees' health. Adopting a well-being plan is undoubtedly one of the simplest yet most efficient ways to educate workers on the advantages of changing their habits and the value of sticking to a healthy lifestyle.

With poor health being one of the major causes of weak productivity, a good wellness plan makes for a comprehensive tool to not only improve employee health behavior but also boost productivity. Living a healthier lifestyle leads to fewer complications, which at the end of the day, means fewer medical expenses. A [paper](#) by Harvard researchers, who reviewed 36 studies on corporate wellness programs, reported that for every dollar spent on corporate well-being programs, medical expenditures fell by \$3.27. As the research suggests, the savings that come from investing in a good employee wellness program are far more significant than the investment.

Establishing a wellness program can also contribute to a lower level of absenteeism. The same study by Harvard also revealed that for every dollar employers spent on well-being programs,

the company's absenteeism-related costs fell by \$2.73. Finally, a good wellness plan can facilitate employee retention and recruitment. As employees are looking into more factors than just the wage a company offers, providing a free, state-of-the-art wellness program will not only keep your existing workers happy but also help in recruiting new talent.

## **Why JETSWEAT?**

Simply put, because JETSWEAT represents the cutting edge in well-being plans, all wherever it's needed. "Boutique Fitness, Everywhere" is our slogan, and that really says it all.

JETSWEAT offers exclusive access to a rich multimedia platform delivering unlimited workout videos from top fitness studios – a premium corporate wellness solution for every company.

Moreover, we provide customizable corporate solutions. What's better than a business partner that can provide a program that is carefully designed for your specific needs?

Today, studio classes represent 1/3 of the overall fitness market, and employers and HR executives prefer getting to choose between premium studio classes from the best studio brands. JETSWEAT is the leading platform for this interactive content. With a JETSWEAT corporate well-being program, you'll have unlimited access to exclusive HD video workouts from the top fitness studios directly to your mobile device, browser, smart TV, or more. The expert fitness programs were created in collaboration with certified personal trainers, and take advantage of customizable corporate solutions integrated with popular apps such as Apple Health Kit.

Moreover, your employees will never get bored, as they'll have access to countless workouts and new exclusive content added weekly. JETSWEAT offers a wide variety of fitness programs ranging from several categories – such as yoga, cardio, dance, or martial arts – for all tastes, skill levels, and time lengths. We also provide calendar scheduling with reminders and iCalendar integration, as well as weekly and monthly progress reporting, that will keep your workers motivated. Not only that, but there's never been a better time to act, as now you can get everything for 50% off annual subscriptions.

## **Foster Wellness**

In times like this, promoting mental and physical health in the workplace is even more critical for the well-being of employees. A good well-being plan can help mitigate a lot of growing problems. Educating your workers on the benefits of participating in a well-being program and adopting a healthier lifestyle is crucial, as their well-being is inextricably linked to your company's path forward.

Corporate wellness can boost productivity, lower the level of absenteeism, reduce medical expenses, retain employees, and attract new top talent. Its absence, on the other hand, can have a profound negative effect. Therefore, establishing a corporate wellness program is crucial for companies that are serious about the overall well-being of their team.

That said, you need the right business partner in this. One that can deliver a customized wellness solution that aligns with all your goals. A premium, engaging corporate wellness program that offers an excellent user experience. A program that promotes your workers' health

and well-being and helps you transform your company into a best place to work that it can be.  
Take advantage of our limited 50% off deal, and start fostering wellness in your company today!