

2020

TRENDS IN WELLNESS SURVEY

The 2020 Trends in Wellness Survey was conducted by WELCOA and CHC Wellbeing. Employer groups and partner organizations (brokers, consultants, health plans and TPAs) participated in this research.

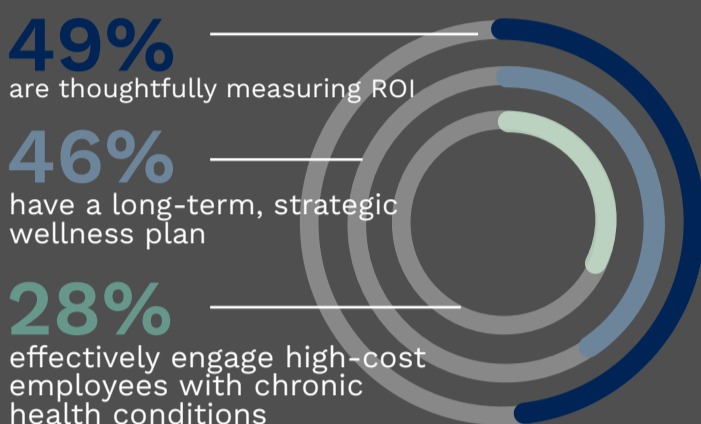
EMPLOYERS REPORT WELLNESS SUCCESS, BUT ARE THEY SATISFIED?

The majority of employers reported wellness success. Less than half say they are satisfied with key areas of their programs.



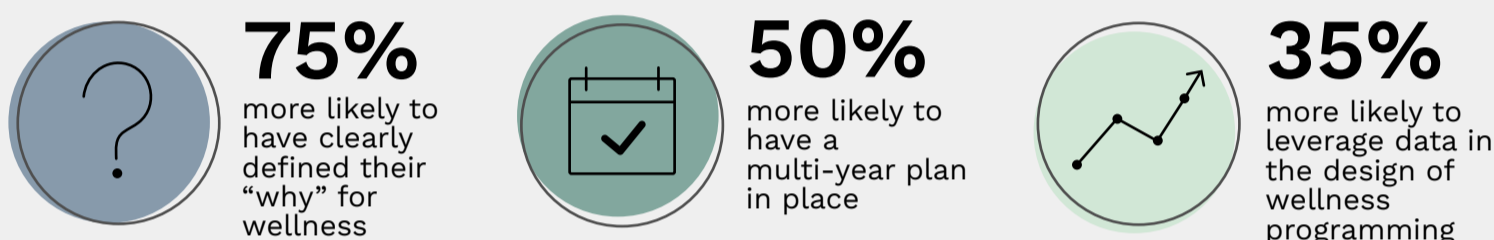
WHAT'S WRONG WITH CURRENT WELLNESS PROGRAMS?

For those who believed their current wellness efforts were ineffective, more than half (55 percent) ranked low levels of engagement as their biggest challenge. Across all surveyed employers...



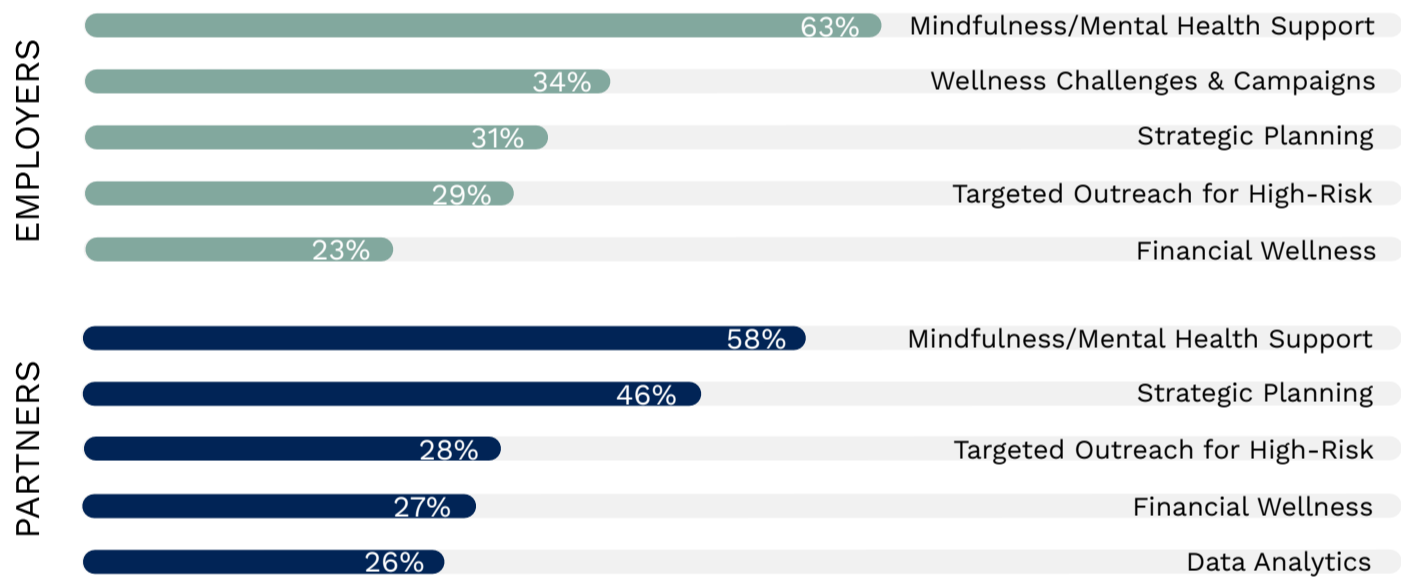
WHAT ARE THE KEYS TO A WINNING APPROACH?

Employers reporting wellness success were...



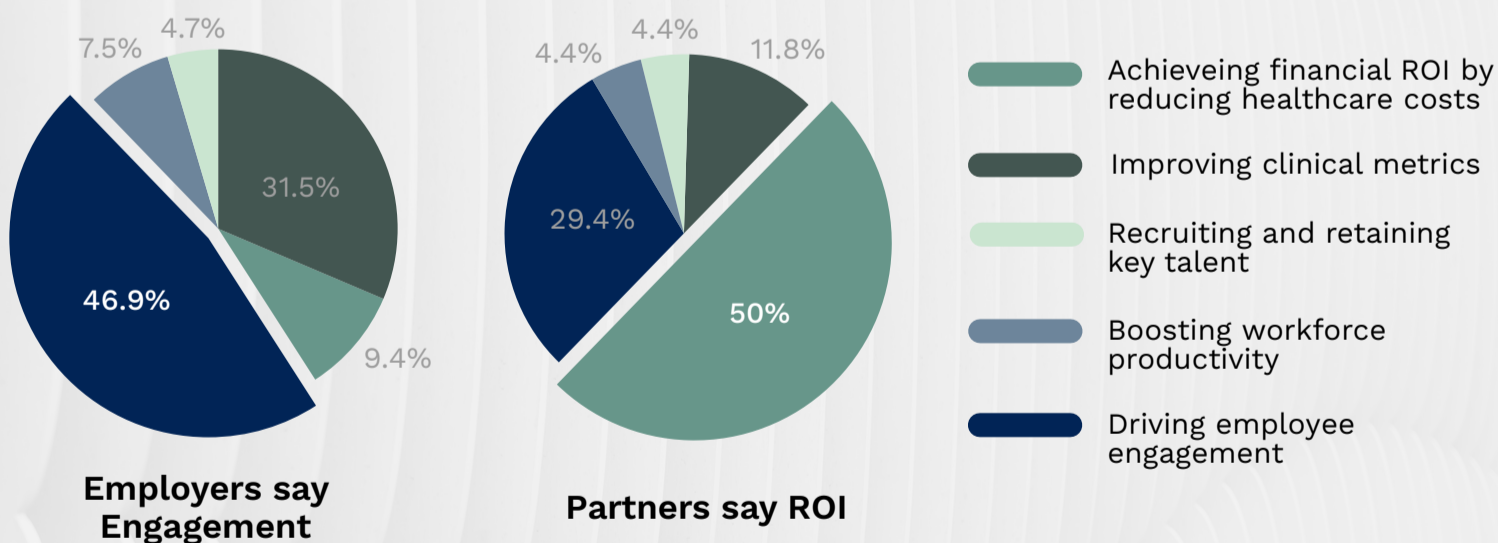
WHAT'S NEW, WHAT'S NEXT?

When asked to rank the three most important wellness priorities for the year ahead, mindfulness/mental health was a top focus for both employers and partners.



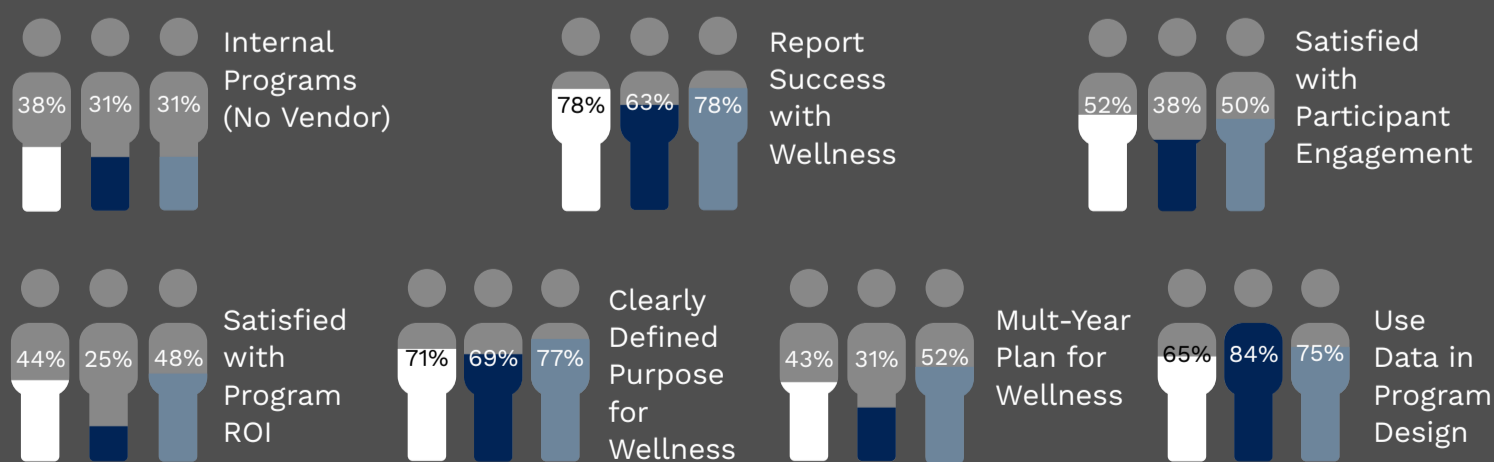
WHAT IS THE NUMBER ONE PRIORITY FOR WELLNESS?

Employers and partner organizations had very different responses when ranking overall priorities for wellness programs.



HOW DOES WORKFORCE TYPE AFFECT WELLNESS OUTCOMES?

When comparing various workforce types, blue collar employers were much less likely to report wellness success than white collar employers or organizations with a blended employee population.



ABOUT THE STUDY

The 2020 Trends in Wellness Survey is a joint research project led by WELCOA and CHC Wellbeing. This study examines current beliefs about, and experiences with, wellness programming. In total, 329 WELCOA members completed the survey, including 250 employer groups and 87 partner organizations (brokers, consultants, health plans and TPAs). Survey responses were collected between February 18 – March 8, 2020.