

Wellness & Wearable Technology*

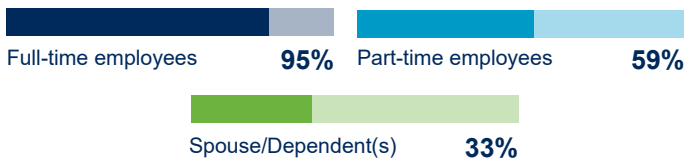


Wellness programs promote a culture of health and well-being and improve employee performance and productivity. A trend emerging in the use of wearable technology in corporate wellness programs continues.

THOSE WHO USE

Among MRA member participants, **27%** support the use of wearable technology in their workplace wellness programs.

Who's Eligible:



TOP 4 goals for offering a wearable technology supported wellness program:

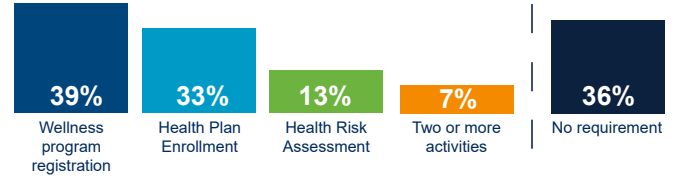
Motivate employees to adopt healthier & productive lifestyles	83%
Control healthcare costs	75%
Increase employee/dependent physical activity	72%
Increase wellness program participation	51%

OTHER USES

In addition to wellness programs, employers are currently using or are considering using wearable technology for advanced wellness initiatives (35%), security purposes (21%), and computer/network access (14%).

POLICIES & PRACTICES

Participant Requirements:



Program Tracking



Who provides devices?

TOP 3	Employee provides and covers entire device cost	54%
	Wellness reward points	20%
	Organization provides a specific device at no cost	16%

What if the device breaks, malfunctions, is lost or stolen?

TOP 3	No replacement provided	81%
	One-time replacement by the organization	9%
	Organization replaces based on manufacturer warranty	5%

THOSE WHO DON'T

About 40% are unsure about adding, are awaiting approval from leadership or are planning to add in the next 1 – 2 years. Consider: Where does your organization fit on the scale of increased interest in future use of wearable technology?

RESEARCH BITS

- Sustaining health behaviors takes more than a device
- Setting goals frames a process
- Involving others, i.e., team or family, offers support
- Modifying your program helps keep interest
- Coupling strategies with sound communication improves
- Sharing costs helps too

METHODOLOGY



Brief
11 question survey



226
MRA Participating Organizations



76%
< 250 employees



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Data Collected



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*Wearable Technology: Electronic devices that can be worn on the body and often include tracking information related to health and fitness.