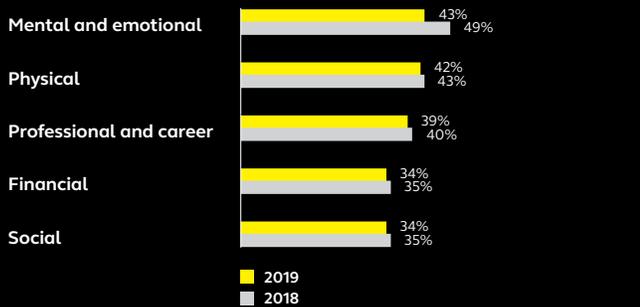


# The state of employee wellbeing

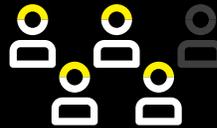
**Employee wellbeing is not getting better...**

**Only 38%** of employees have a positive perception of the current state of their wellbeing (averaged across all five dimensions of wellbeing)



**...and employees are looking to their employers for help.**

**“Despite my struggles, I value my employer’s easy-to-access wellbeing support.”**



**4 out of 5** employees (on average) rate each of their wellbeing programs as valuable

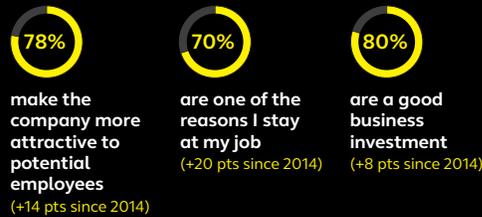


**2.5x more** feel their wellbeing is going well if they say their programs are easy to access

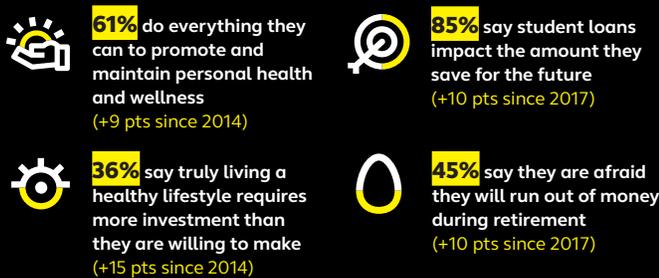
**“I don’t have the control I want over my wellbeing.”**



**Employee views about wellbeing programs:**



**“I’m trying but am unsure my efforts are working.”**



**Top 5 most valued employee wellbeing programs:**

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- 1 Paid time off exchange
  - 2 Onsite health clinics
  - 3 Personalized healthcare navigation support
  - 4 Higher education support
  - 5 1:1 financial support