

# Using *Workplace Wellness* to Improve *Retention*

Workplace wellness initiatives can help employers across the country mitigate rising health care costs, but they can also help improve employee retention. According to a study from PwC and the University of Southern California, employers who invested in well-being and flexibility saw the following results:



*Improved team dynamics*



*Lowered levels of employee burnout*



*Increased employee retention*

## *What does this mean for you?*

Employers that help employees enhance physical, emotional, mental and spiritual well-being behaviors, such as sleep, hydration, meditation, gratitude and self-care, may be able to improve their retention efforts.

## *How to Get Started*

Creating and implementing a workplace wellness initiative doesn't have to be time-consuming or costly. Research shows that small initiatives, such as encouraging employees to walk more throughout the day, provide tangible results.

Ronstadt Insurance can provide you with the resources you need to make well-being and employee health a priority at your organization. Contact us today to learn more.

