Optimizing Employee Health

As employees build self-awareness, they increasingly recognize the importance of managing stress and self-care, connecting to their vision and values, taking active steps towards change, and addressing barriers and obstacles. ~The Journal of Values-based Leadership

Taking a toll on your health

1. Your condition may worsen without provider contact.
2. Seek help, take your medications, reach out.
3. Regular exercise, even a short walk, improves health.
4. Review your immunizations and update as necessary.

If any of these behaviors concern you, consider this:

Contact your HR representative today for more information on resources to improve your health:

1. Are you maintaining regular contact with your medical providers for chronic health conditions such as heart disease, diabetes, asthma, depression, cancer, etc.? Are you engaging in self-care activities such as reaching out to a friend, journaling, or mindfulness meditation?
2. Are you taking care of your emotional and mental well-being? Are you exercising regularly and maintaining a healthy diet? Are you eating and drinking more? Have you lost or gained weight?
3. Are you making sure you and your children are receiving needed immunizations?

Up to 60% of Americans have at least one chronic health condition
Source: Home Health Care News

Over half of those with chronic diseases are afraid to go to the doctor for fear of catching COVID
Source: Patient Engagement

Physical activity has declined by 48% since COVID
Source: Evidation

91% increase in general anxiety disorder; 163% increase in depression; 25% increase in addiction

Many people could benefit from telehealth, but over 50% don’t access it
Source: Evidation

Vaccines/immunizations are critical to the health of children and adults
Source: CDC

Source: Patient Engagement
Source: Evidation
Source: Total Brain, et al
Source: Home Health Care News
Source: CDC

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Kansas Business Group on Health
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