

# HEALTHIER YOU™

## A digital health information library

### THE CHALLENGE

Unhealthy workers experience decreased productivity and increased health care expenses, both of which negatively impact your bottom line. Consider these recent findings:

- Productivity losses linked to absenteeism cost employers nearly \$1,700 per employee yearly.
- Inactive adults spend on average over \$1,000 more on their health care annually than active adults.
- Obesity-related health care costs exceed \$150 billion each year.



### THE SOLUTION

The *Healthier You* library offers digital access to timely articles, videos, blogs, and tips developed by Johns Hopkins experts for the healthy woman and for everyone who wants to enjoy healthy aging, a healthy heart, and healthy sleep. *Healthier You* also features an annual wellness calendar, with seasonal information and a wide range of health resources.

### THE BENEFITS OF WELL-INFORMED EMPLOYEES

#### Well-informed employees:

- ✓ **Create a happier, less stressful and better work environment.**  
Employees with a strong culture of health at work were more likely to report being happy, less likely to report that stress has a negative impact on their work, and less likely to cite the work environment as an obstacle to good health.
- ✓ **Enjoy their jobs more and stay in their jobs longer.**  
Employees who feel supported by their employers are more likely to want to keep their jobs and will help attract and retain the best employees. In fact, 64% of employees in workplaces that promote a culture of health intended to stay with their companies at least five years.
- ✓ **Are good for business.**  
Companies that have exemplary safety, health, and environmental programs outperformed the S&P 500 companies by between 3% and 5%.
- ✓ **Are more engaged.**  
Employers who have a healthy and highly engaged workforce enjoy higher profitability and customer ratings, lower employee turnover, fewer accidents, greater productivity, and improved quality.

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## COMPONENTS

### DIGITAL LIBRARY:

#### ■ Healthy Woman

Your source for guidance, nutrition, reproductive health, stress-busters and more

#### ■ Healthy Heart

Learn how to eat smart and increase your activity

#### ■ Healthy Aging

Your guide to expert information on healthy living and caregiving

#### ■ Healthy Sleep

Learn how to get a better, more restful night's sleep



**FIND US**

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### WELLNESS CALENDARS:

A digital and printable monthly and yearly calendar, with seasonal articles, resources and health tips to follow and share throughout your organization.

## THE JOHNS HOPKINS ADVANTAGE

For nearly 130 years, Johns Hopkins has led the way in both biomedical discovery and health care, establishing the standard by which others follow and build upon. This is one of many faculty-developed programs, protocols and services provided by Johns Hopkins HealthCare Solutions to improve health outcomes and reduce the cost of care.

#### SOURCES:

HEALTHY WORKFORCE: LOWERING COSTS, IMPROVING SAFETY, HEALTH AND PRODUCTIVITY (BUSINESS PULSE)  
INADEQUATE PHYSICAL ACTIVITY AND HEALTH CARE EXPENDITURES IN THE UNITED STATES (SCIENCEDIRECT), 2015  
THE STATE OF OBESITY: BETTER POLICIES FOR A HEALTHIER AMERICA 2017 (THE ROBERT WOOD JOHNSON FOUNDATION, TRUST FOR AMERICA'S HEALTH, AUGUST 2017)  
MAKING THE BUSINESS CASE: WHY DO I NEED AN INTEGRATED APPROACH TO SAFETY AND HEALTH? (THE NATIONAL INSTITUTE FOR OCCUPATIONAL SAFETY AND HEALTH), DECEMBER 2015