



Stony Brook Southampton Hospital

The Ed & Phyllis Davis
Wellness Institute

Benefits of Wellness in Your Workplace

For Employers:

- Lower health care and disability costs
- Enhanced employee productivity
- Reduced employee absenteeism
- Decreased rates of illness and injuries
- Enhanced corporate image
- Improved employee morale
- Improved employee recruitment and retention
- ◆ Increased organizational commitment and creation of health culture



For Employees:

- Increased well-being, self-image, and self-esteem
- Improved coping skills with stress or other factors affecting health
- Improved health status
- Lower costs for acute health issues
- Lower out of pocket costs for health care services
- Increased access to health promotion resources and social support
- Improved job satisfaction

To coordinate Wellness services at your workplace and
for more information, please call (631) 728-WELL

www.hamptonwellnessinstitute.org