

## Insurance company boosts physical, emotional, and mental health initiatives for employees with Wellbeats *Wellness*



### INTRODUCTION

Investing in employee physical and mental wellbeing supports many business goals. Improvements in employee engagement and productivity, satisfaction and retention, teamwork and communication, to name just a few, plus reductions in stress, health care costs, insurance premiums, and absenteeism.

To realize those goals, companies need solutions that engage employees and encourage lifestyle changes that drive better health. That's what this insurance provider set out to do when it first launched its total employee wellbeing initiative in 2016. The program was foundational to helping employees live better lives at work and at home, and they have continued to evolve and improve their efforts every year. As part of this continued growth and evolution, the company chose to partner with Wellbeats *Wellness*, a product of LifeSpeak Inc., to provide its employees with on-demand health and wellness content. Wellbeats delivers high-quality, expert-led fitness, nutrition, and mindfulness content for all ages, interests, and ability levels.

Wellbeats checked all the right boxes for this insurance leader, being that it is convenient, easy to use, and it gives employees the content they need to take actionable and long-lasting steps toward better health.

### AT A GLANCE

A leading specialty property and casualty insurance company with more than 6,000 global employees and more than half a million commercial policies in force, chose Wellbeats *Wellness* to:

- Provide tools to make healthy choices easier and more accessible
- Offer content that helps employees take actionable steps toward better health

### KEY RESULTS

In just their second quarter after implementing Wellbeats, the company saw:

- **26.7% of eligible U.S. employees and family members enrolled in Wellbeats**
- **1,206 members enrolled**
- **14.3 average plays per user**
- **Nearly 21,000 minutes played in Q2 alone, and over 338,000 minutes played since program launch**
- **4.7 average class rating**



## **FOR EVERY CHALLENGE, A SOLUTION**

**Make healthy choices easy, accessible and engaging for employees—nationally and internationally**

*The solution had to be easy and accessible.* The company launched Wellbeats on its total rewards platform, which is accessible via mobile and desktop, so employees can participate wherever and whenever they choose. The platform is seamless, and employees can click directly into Wellbeats with no additional application or security sign-up required. The platform lets employees track progress toward goals that earn them rewards (for example, daily fruit and vegetable servings or activity minutes), which moves them closer to achieving new goals.

*The solution had to be engaging.* This insurance provider works hard to promote employee wellbeing and keep it top of mind. The company features health and wellness offerings at open enrollment, in monthly newsletters and wellness communications, in quarterly employee and team health challenges, and through its popular rewards program. Managers often incorporate Wellbeats classes into their weekly team meetings,

and employees love the Work Breaks because they are quick and easy and can be done at their workspace, or anywhere else.

*The rewards program is key to engagement and ongoing participation.* Employees are encouraged to participate in 6-8 week challenges that incorporate Wellbeats recipes, classes, and other content. Progress is tracked on the platform and employees can work through five levels of achievement. U.S. employees can earn gift cards and health plan premium discounts, while international employees earn payroll contributions. Also, U.S. and international Wellbeing Champion Teams help guide and direct activities to make sure they are relevant and valuable for all employees.

## **THE IMPACT**

**Employees love it, utilization is outstanding**

Wellbeats is taking root across this insurance company's employee population. The company's utilization metrics exceeded expectations in every measure, and the company is using Wellbeats content to support its mental health, nutrition, and mindfulness challenges, and by management to strategically plan and track their quarterly and annual plans.

**Learn more about Wellbeats *Wellness*  
and our full suite of solutions.**

**Contact us or request a demo today.**

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