quick look | wellness programs

While 18.4% of all U.S. employers offer comprehensive wellness programs, they are more prevalent in some parts of the country and among certain industries, a recent survey shows.

According to the United Benefit Advisors 2016 Health Plan Survey:

Prevalence of comprehensive wellness programs by region

- **North Central**: 23%
- **Northeast**: 26%
- **West**: 17%
- **Central**: 10%
- **Southeast**: 15%
- **All regions**: 18%

Prevalence by industry

- **Government, education and utilities**: 31%
- **Finance, insurance and real estate**: 24%
- **Healthcare/social assistance**: 21%
- **Manufacturing**: 20%
- **Information, arts, accommodation and food services**: 17%
- **Wholesale/retail trade**: 16%
- **Professional, scientific and technical services**: 15%
- **Other services**: 15%
- **Construction, agriculture, mining and transportation**: 13%

Percent of employers offering wellness incentives in 2016 **68%**

Preferred wellness incentives

- **$45%**: Cash toward premium, 401(k), flexible spending accounts
- **40%**: Health club dues and gift cards
- **5%**: Extra paid time off

Common wellness program components

- **Health risk assessment**: 73%
- **Incentives/rewards**: 68%
- **Coaching**: 55%
- **Web portal**: 48%
- **Seminars/workshops**: 39%
- **Physical exam or blood draw**: 67%
- **Other**: 13%

*Source: United Benefit Advisors 2016 Health Plan Survey.*