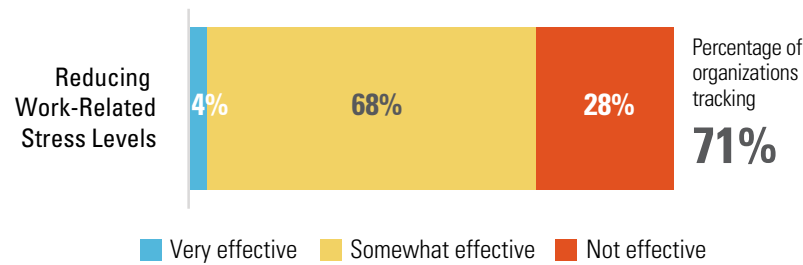


# quick look

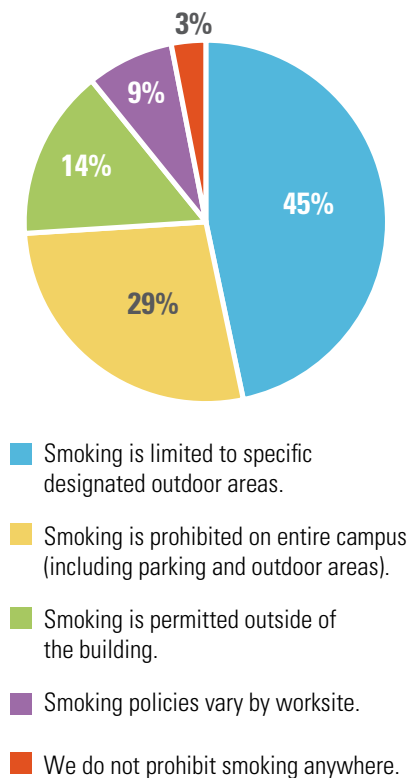
the evolving face of workplace wellness initiatives

In addition to traditional offerings like physical fitness, nutrition, health screening and tobacco/smoking-cessation programs, workplace wellness programs are adding or increasing emphasis on initiatives such as mental/behavioral health and programs designed to target worker growth and individual purpose. The new International Foundation publication *Workplace Wellness Trends: 2019 Survey Report* looked at the effectiveness of some of these programs and the increased prevalence of innovative initiatives. The following reflects responses from U.S. organizations.

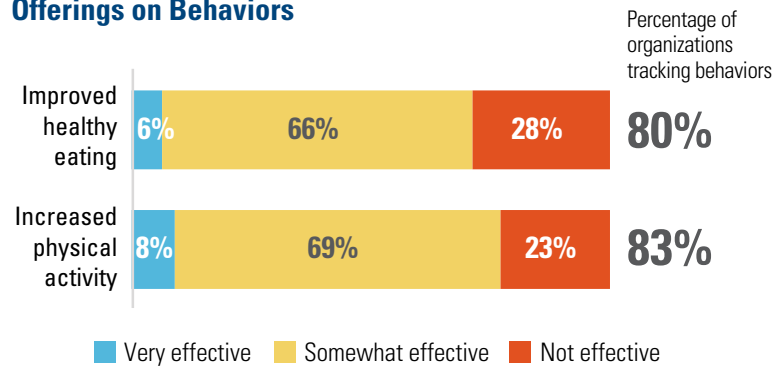
## Effectiveness of Mental/Behavioral Health Wellness Offerings on Reducing Work-Related Stress Levels



## Workplace Smoking Policies



## Effectiveness of Physical Fitness/Nutrition Wellness Offerings on Behaviors



## Percentage of Organizations Offering Innovative Wellness Initiatives

