

YuLife's Employee Health & Wellbeing Survey 4.0



Source: YouGov survey of 2,104 UK adults

These findings demonstrate just how far the workplace has evolved in the wake of the Covid-19 pandemic, which has encouraged many businesses to make vital changes in order to safeguard the wellbeing of their employees. Workplaces now need to give employees more tools to help them benefit from the new expectations they now have from their employers following the pandemic.

Perks and benefits have to be made more accessible and tailored to individual employees' needs, while also benefiting both remote staff as well as those coming into the office in an era increasingly characterized by a hybrid working model. Businesses that respond fastest to these trends have the best chances of retaining their top talent, showing how the right wellbeing policies now constitute a key business imperative.



The impact of Covid-19 on employees' wellbeing.

Overtime

37%

of people have been working more overtime since the pandemic than before (as opposed to just 9% who have been working less).

+2 hrs

27% have been working more than 2 additional hours per week.

+5 hrs

13% have been working more than 5 additional hours per week

Exercise

Many more people plan to exercise more following the reopening than don't plan to do so (25% versus 7%).

62%

Around 62% plan to do the same amount of exercise – highlighting the role employers need to play in boosting this figure

ABOUT HALF

Younger employees work the most additional time, with 45% of 25-34 year-olds saying that they work more overtime per week.



How employees are feeling about the 'return to normal.'

Back to "normal"

A similar number of UK employees who work in an office feel positively as negatively about the return to normal in the office (36% versus 36% respectively).

This suggests that there is no overwhelming majority of people who desire a 'return to normal' – especially when considering that most UK employees want to retain social distancing and a plurality of UK employees want to retain mask-wearing.

ONE IN TEN

9% say that they'd like to go into the office every day.

17%

17% say that they'd like to work from home exclusively.

75%

Three-quarters want a hybrid model of working from home/office.

FOUR IN FIVE

79% would like to work from home at least 2 days per week.

Regulations

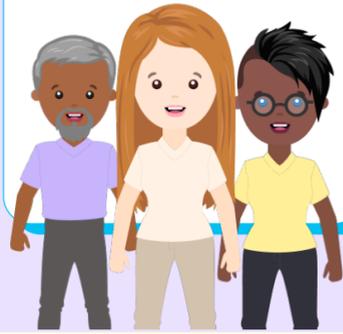
58%

Three in five would like to see social distancing retained once they return to the office (compared to 19% who disagree).

49%

About half want to continue with indoor face covering policies (compared to 28% who disagree)

These views correlate strongly to age – the older an employee is, the more likely they are to advocate masks and social distancing. 58% of 55+ want to keep masks, whereas just 44% of 25-34 year-olds feel the same way.



Employees' wellbeing expectations from their employers.

Benefits usage

70%

Of UK employees whose employer offers wellbeing benefits/policies, seven in ten say that they're aware of the wellbeing benefits and policies their employer offers

14%

Only 14% of UK employees say that they already take full advantage of the workplace benefits on offer at present – most people are aware of the benefits their workplace offers but still do not take full advantage of them.

27%

Despite this, a leading 27% of UK employees say that the single factor that would encourage them to take better advantage of workplace benefits is a better range of benefits which are more personally relevant to them.

48%

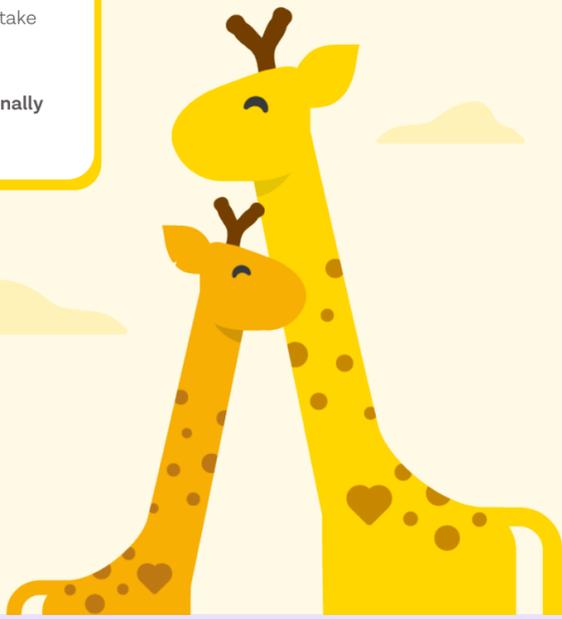
About half of UK employees think that employers have a responsibility to look after the wellbeing of their families.

62%

Three in five of UK employees would feel more motivated in a workplace which prioritised their wellbeing and that of their family, including 27% that say they'd be a lot more motivated.

38%

Four in five of UK employees think that employers' attitudes to employee wellbeing will be better than before the pandemic (compared to 12% who expect it to get worse)



YouGov

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2,104 adults. Fieldwork was undertaken between 15th - 16th July 2021. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).

Get in touch!

YuLife transforms traditional insurance and employee benefits into life-enhancing experiences every employee will value and use. This is supported by an extensive package of preventative health benefits that protect the wellbeing of employees today and in the future.

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