

YuLife's Employee Health & Wellbeing Survey



Source: YouGov survey of 2,080 UK adults of which 613 were office workers

The world has spent months on "lockdown" as living through COVID-19 became reality. Working at home, social distancing, self-entertainment, and long distance education are our new norms.

Employee benefits will be reshaped by the pandemic with COVID-19 increasing the need for people to feel protected — whether that's protecting their health or their long-term financial security.

Companies are learning new ways to connect, expanding ways to support, and developing fresh programmes to engage with their teams.

But what do employees value and how do we ensure that the benefits companies are provided are relevant to the world today?

We asked over 600 UK office workers in June and we discovered some insight around how expectations and behaviours have changed.



Wellbeing programmes at work will increase employee loyalty.

87%

are likely to stay with an employer if the employer demonstrates a commitment to their wellbeing*



Shift from wanting company socials to wellbeing benefits.

2 in 3

want benefits designed to promote healthy lifestyle



Get in touch!

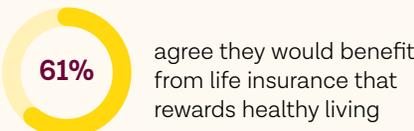
YuLife transforms traditional insurance and employee benefits into life-enhancing experiences every employee will value and use.

This is supported by an extensive package of preventative health benefits that protects the wellbeing of employees today and in the future.

www.yulife.com | hello@yulife.com



Life Insurance is identified as a highly valuable benefit.



Activity:

- ✓ Walking
- ✓ Running
- ✓ Cycling
- ✓ Meditating

Reward:

- ✓ Amazon vouchers
- ✓ Air miles
- ✓ Subscriptions
- ✓ Wellbeing services

Surge in demand for wellness apps.

Purchased or downloaded a wellness app* in the last three months:

+28%

For millennials, 25-34 years old,* it rises to:

+39%

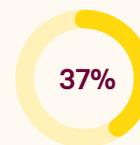
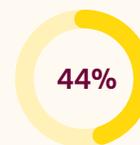


- Meditation
- Fitness
- Tracking & wearables

There is a motivating power of financial rewards for practicing healthy behaviour.

65%

would do more physical activity if they were rewarded by their employer



YouGov

* Reference that this is on only office workers