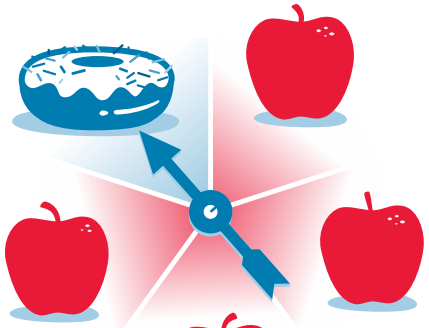
Employee Wellness Lacking Despite Employer Investment

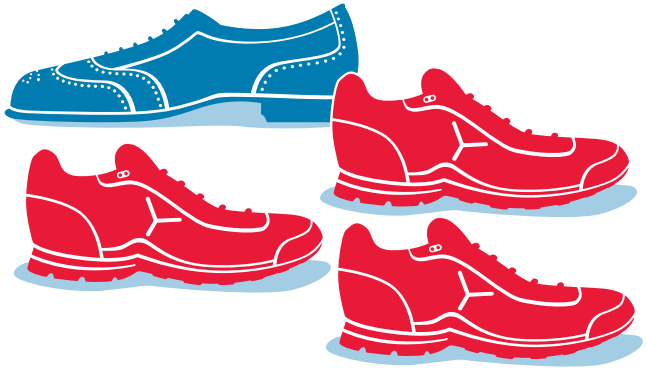
45% of all full-time employees do not participate in wellness-related activities either through their workplace or on their own.

ONLY 33% said they participate in a workplace wellness or wellbeing program with those aged 30 or older more likely to do so than their Gen Y colleagues.



20% said even though their company provides a wellness program, they do not participate.

25% said wellness/wellbeing programming is not an option at their workplace.



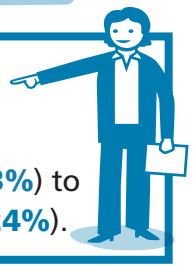
TELEWORKERS SHOW MORE INITIATIVE

Nearly 20% noted that despite not participating in a corporate wellness program, they pursue wellness opportunities on their own, with teleworkers significantly more likely to do so compared to office-based counterparts.

LACK OF FLEXIBILITY NOT A BARRIER BUT LACK OF TRAINING HURTS

96% of employees reported having some type of flexibility.

Training and guidance to help use and manage work life flexibility does significantly increase employee wellness participation. Those who received training were significantly more likely (**43%**) to say they participate in corporate wellness programs than those who did not receive training (**24%**).



Findings are based upon a national probability survey of 617 full-time employed adults conducted by ORC International July 9–12 and 16–19, 2015 for Flex+Strategy Group/Work+Life Fit, Inc. and co-sponsored by Citrix. The survey has a margin of error of +/– 4 percent. Findings and analysis are solely FSG/WLF's. This research is the most recent installment in a biennial series of FSG/WLF studies that have monitored the national progress of issues related to work life flexibility from the individual's point of view since 2006.