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Nathan Cook

*University of Southern Maine*

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# Benefits Of Onsite Health Programs In the Corporate Setting

Nathan Cook, University of Southern Maine, Noel Neptune ATC M.Ed., University of Southern Maine

## Abstract

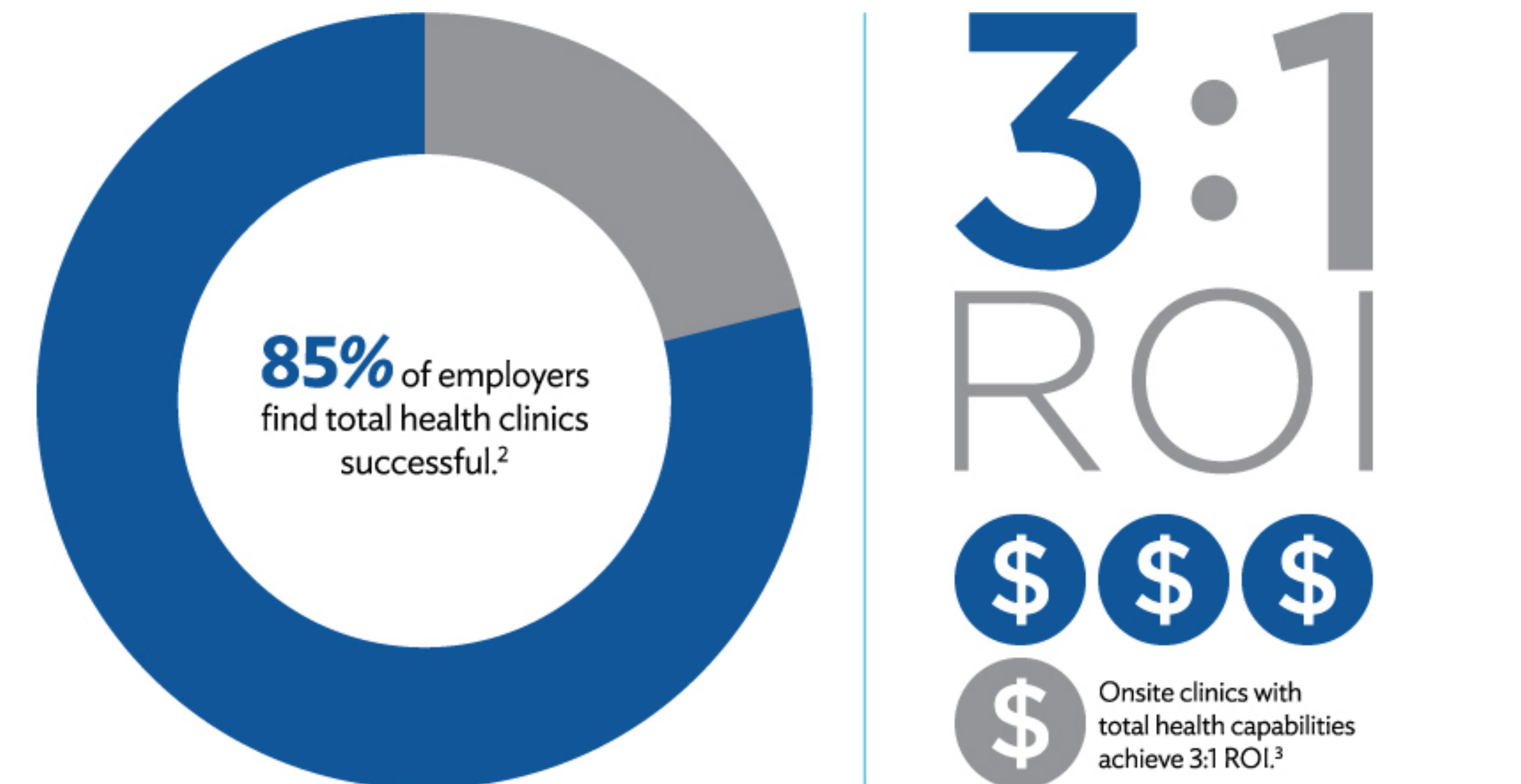
Worksite health care clinics and corporate wellness programs are becoming a staple in companies at all sizes. Companies are proving that having onsite healthcare clinics, as well as comprehensive wellness programs, are not only good incentives for employees but are able to save a large amount of money with injury prevention. In turn these programs will decrease a loss in productivity and a number of other wellness factors. This presentation will look at why every company, small and large, can benefit by utilizing onsite health care or a wellness plan and how AT's can play an integral role in that development.

## Background

A 2010 meta-analysis looking at the Return-Of Investment (ROI) found that there was an average of \$3.27 per dollar spent on wellness initiatives. Some companies, such as Pepsi Cola, have found that ROI can be as high as \$3.78. Yearly savings can be upwards of \$225,000 as Sygenta Crop Production Company found. Depending on the industry, companies offer injury prevention programs utilizing different medical professionals. For example, Boeing offers an industrial athlete program that is run primarily by certified athletic trainers (ATs). Onsite they do everything from strength training, job specific functional testing, nutrition advice and injury prevention and management. For this program they measure success based on pain and discomfort reduction as well as number of lost workdays due to injuries. Boeing found that the utilization of AT's not only lowered pain and discomfort but also kept the number of workdays missed to below national average. For pain and discomfort, Boeing reported that there was typically a decrease of pain by 2.33 on a numeric pain scale of 0-10 and they found that patients who saw the AT staff only missed approximately 0.2 days of work on average per year.

## Why is this important?

A Survey conducted by the National Association for Worksite Health clinics found that in 2014 there were a total of 255 onsite health clinics within industries nationwide. A further study conducted in 2017 found that a third of companies with at least 5,000 employees have onsite health and wellness clinics. About 16% of smaller companies (500-4,999 employees) have onsite health and wellness clinics. It is believed that an additional 9% of smaller companies will have onsite health and wellness clinics by 2019.



Notes:  
<sup>1</sup>Wein, Debra, "Measuring Wellness Program ROI," Benefits, January (2013), 34-37.  
<sup>2</sup>Mercer Newsroom, "Employers Continue to Launch Worksite Clinics Despite ACA Uncertainties – Mercer Survey," Sept. 9, 2015, <http://www.mercer.com/newsroom/employers-continue-to-launch-worsite-clinics-despite-aca-uncertainties.html> (accessed 1 Nov. 2016).

<sup>3</sup>Ozilis, K.C., Busum, K.V., Schnyer, C., Larkin, J.W., Elbner, C., and Mattke, S., "Systematic Review of the Impact of Worksite Wellness Programs," *The American Journal of Managed Care*, January (2012), 18(2), e68-e81.



<https://covalentcareers.com/resources/athletic-trainers/>



McCurry, Lauryn. "Athlete's Perception Of Athletic Trainers." Etbu.edu, [www.etbu.edu/sites/default/files/2018-10/hp2013mccurry\\_honors\\_project.pdf](http://www.etbu.edu/sites/default/files/2018-10/hp2013mccurry_honors_project.pdf)

## Financial Savings

A 2010 meta-analysis study that looked at the per dollar spent ROI on health and wellness plans/ onsite health clinics found that they had an ROI of \$3.27 per dollar spent. On top of that, individual companies such as PepsiCo, have had ROI's upwards of \$3.78 per dollar spent while others have had more modest ROI's of \$2.03. Companies overtime save millions of dollars by having onsite health clinics. For example IDEXX, a local Maine company, has saved \$1,665,953 since opening their Intermed onsite medical clinic in August of 2013. Sygnenta corporation also had a yearly savings of \$224,485.55 in 2017.

## Well Being Savings

The Journal of Occupational Environmental Medicine noted reductions were recorded in 10 risk factors examined, including obesity (-2.0%), poor eating habits (-5.8%), poor physical activity (-6.5%), tobacco use (-1.3%), high alcohol consumption (-1.7%), high stress (-3.5%), depression (-2.3%), high blood pressure (-0.3%), high total cholesterol (-0.9%), and high blood glucose (-0.2%). One study found that productivity increased by 3.9% for those who participated in a health and wellness plan. A case study looking at the Pelco Corp. also found that in one year of intervention musculoskeletal sprains can decrease by as much as 80%.

### Role of an Athletic Trainer

Athletic trainers (ATs) are highly qualified, multi-skilled, health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Due to AT's unique education in a corporate setting, they can be used in a multitude of ways. Outside of more traditional roles ATs can also be used in management

#### References

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## Abstract

(can be updated from what you submitted)

## Introduction or Background

Tell the reader what they need to know to put your study in context.

## Hypothesis/Question/ Objective

Highlight using bullets, bolded font, etc.

## Methods

•This is a good section to use bullets rather than paragraphs.



Figure 1. Descriptive Caption



Figure 2. Descriptive Caption



Figure 3. Descriptive Caption

## Results

Make sure you refer to figures in your text (Figure 1). Give only general patterns, highlighting what your figures show.

## Discussion/Conclusions/ Next Steps

- How does your work compare with published literature?
- What is the significance of your findings?
- Make sure you have answered the Hypothesis/Questions/Objective you outlined earlier.

### Acknowledgements

Remember to thank your classmates, mentors other professors who contributed or supported your work. Mention any grants or fellowship that supported your work. This can also be in a smaller font.

### References

These can be in smaller font, for those who are interested.