


# Measure Well Workplace Wellbeing

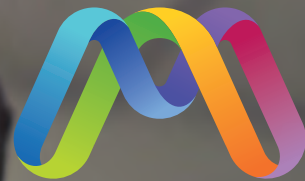


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Never has there been  
a time when the health  
and wellbeing of our  
workforce needed more  
serious consideration



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# Measure Well Hub and Warwick Holistic Health Questionnaire (WHHQ-25/18) is a frontline tool to help you address mental and physical health in the workplace

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We support your organisation to be proactive in helping individuals with their issues before they develop into more complex situations or mental health problems.

We do this via the WHHQ, and by applying specialist knowledge and expertise, about human behaviour and mental health, to evaluate wellbeing to address productivity issues, supporting employees with personal issues that may affect job performance.

# Understanding the impact poor health has on your workforce can be a good place to start



**£28.2** Estimated **MILLION**

working days lost due to work-related ill health in the UK <sup>1</sup>



Mental health problems at work

**£34.9** BILLION

alone has been estimated to cost the UK economy <sup>5</sup>



Some younger workers

**25-34** YRS


attributed their sickness absence to mental health conditions <sup>2</sup>

**£131.2** Estimated **MILLION**

Lost each year to sickness in UK <sup>3</sup>

**£554** Average cost to the employer for every day an employee is absent <sup>4</sup>



A photograph of a woman with short brown hair, wearing a blue blazer over a yellow top, smiling broadly while working on a laptop. She is seated at a desk in an office environment. In the background, another woman with her hair in a bun is also working. A small potted plant with purple and green leaves sits on the desk in the foreground. The text is overlaid on the right side of the image.

By acknowledging these statistics, acting to prevent problems and creating a culture of transparency and support, within an organisation, is vital for a healthy workforce

# How can Measure Well help?

Measure Well provides a secure online platform that captures, stores and reports on employee wellbeing. Offering exclusive digital access to the field-tested Warwick Holistic Health Questionnaire (WHHQ-25/18), that enables you to identify when your staff need assistance, or when you need to get ahead of workplace wellbeing challenges you are trying to overcome.

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## Be proactive in your wellbeing strategy

We know that prevention is better than cure and, in line with Local Health and Wellbeing Strategies and other Government initiatives, responsible employers implement measures to ensure that staff have access to health and wellbeing services when they are well, not just when they are ill.

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## At a strategic level

We work with several strategic partners who are experts in the field of Human Resources, Occupational Health, Physiotherapy and Rehabilitation, Business Coaches, Financial Advisors, and Workplace Wellbeing consultants to best meet your needs.





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## To explore how we can support you

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### References

1. [hse.gov.uk](http://hse.gov.uk) 2022/23 - this figure considers minor illness, non-fatal injury, muscular and joint problems, and mental health issues. Stress, depression or anxiety and musculoskeletal disorders accounted for most days lost due to work-related ill health, 17.1. million and 6.6 million, respectively. On average, each person suffering took around 15.8 days off work with stress, depression and anxiety being the leading cause of extended periods of absenteeism 2. ONS 2018 - An increase of 2.4 percentage points. 3. Office for National Statistics 2017 4. CIPD 2017 - Sickness and absence can cost employers a lot of money, time and resources, £554 is the average cost to the employer for every day an employee is absent. 5. Centre for Mental Health 2018