

**JULY 6, 2015**

## **THE BENEFITS OF WEARABLE TECHNOLOGY IN THE WORKPLACE**

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With summer starting to heat up, now's the perfect time to take a look at your company's wellness program so you can identify ways to improve it. One of the best options for enhancing your wellness program is encouraging wearable technology in the workplace.

### **Consider your Wearable Tech Options**

When it comes to wearable technology, there are myriad choices to consider. While the Apple Watch may be the hot new device on the market, there are more affordable options that you can offer your employees, such as a Fitbit, which tracks things like:

- Steps taken
- Distance traveled
- Calories burned
- Very Active Minutes
- Sleep time and quality

Or you could use a simple pedometer to track steps and encourage healthy habits like taking the stairs instead of the elevator.

### **Work with a Wellness Company to Track Progress**

By enlisting the help of a wellness company, such as BioSignia or Doctors Direct, your employees will be granted access to various resources to help them reach their wellness goals. Whether they're trying to walk more, lose weight or eat



better, these companies have wellness coaches and website dashboards your employees can use to track their progress and meet their goals.

### **Consider Wearable Technology for Employees and Family Members**

If you want to go the extra mile, you should consider providing your employees and their immediate family members with pedometers. This will encourage them to work with one another and more regularly engage in healthy activities. And if you want to build morale and generate interaction between employees that normally don't work together, encourage them to use this wearable technology during an office outing that benefits the community; for example, a walk that supports cancer research or planting trees in a public park.

The benefits of wearable technology in the workplace are numerous. Your employees will be happier and more productive. You should see less absenteeism and fewer injuries; and as a result, you should receive more competitive worker's compensation insurance rates. If you're unsure how to get a program like this off the ground, feel free to reach out to your insurance broker. He or she will help make sure you're on the right track.

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