

# vari<sup>®</sup>



## How to Boost Employee Health and Wellbeing

### The Importance of Sit-Stand Solutions

Available on a competitively solicited and publicly awarded cooperative contract (Contract #R180404).

**OMNIA<sup>®</sup>**  
P A R T N E R S

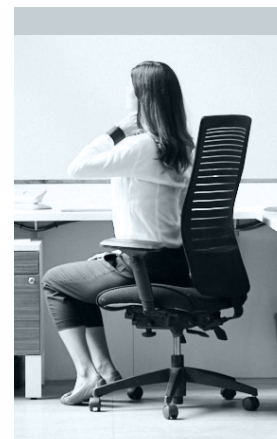
# The Costs of a Sedentary Work Environment

On average, working adults spend over half their waking lives performing activities that involve sitting,<sup>1</sup> and that's not good for their health, happiness, or productivity.

Excessive sitting is linked to serious health issues like cardiovascular disease,<sup>1</sup> back pain,<sup>3</sup> and depression,<sup>4</sup> just to name a few. Businesses pay the price when employee wellbeing suffers. In fact, health issues cost companies a whopping \$153 billion a year in lost productivity.<sup>16</sup> Back pain issues alone account for 15% of sick days<sup>17</sup> and have an \$85 billion impact on the yearly economy.<sup>7</sup>

Dr. James Levine of the Mayo Clinic uses the term “sitting disease” to describe the ailments that scientific research has associated with a sedentary lifestyle:

- ▶ People who spend more than 50% of their day sitting have higher early mortality rates than those who don't.<sup>1</sup>
- ▶ Physical inactivity raises the risk for certain types of cancer.<sup>2</sup>
- ▶ Prolonged static postures increase the risk for back pain and musculoskeletal disorders.<sup>3</sup>
- ▶ Employees who sit 6+ hours a day report more anxiety and depression than those who sit less.<sup>4</sup>



**15%**

Sick Days  
From Back Pain



**\$85**

Billion Impact On  
Yearly Economy

Health Issues Cost  
Companies

**\$153**

Billion  
Yearly In Lost  
Productivity

# How Sit-Stand Solutions Can Help

**When employers purchase sit-stand desks for their employees, those solutions can contribute to a significant increase in movement during the workday,<sup>5</sup> which leads to better health and increased productivity.**

For example, a recent study by the University of Queensland, Australia, found that sit-stand desk users experienced enhanced brain function which improved their ability to pay attention, accomplish tasks, and even manage stress.<sup>12</sup>

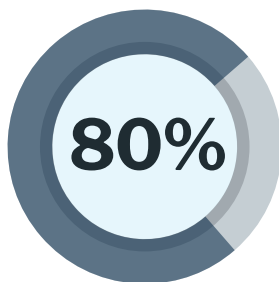
By adding Vari® to your wellbeing plan, everyone can enjoy benefits of a more active workspace.



## Health Benefits

By sitting less and moving more, everyone can enjoy a host of head-to-toe health benefits, such as:

- ▶ Reducing risk for early mortality, heart disease and diabetes.<sup>1</sup>
- ▶ Increasing the probability of a pain-free workday by 80%.<sup>6,7</sup>
- ▶ Burning up to 650 extra calories per week with regular daily use.<sup>8</sup>
- ▶ Reducing discomfort in shoulders, hands, wrists, and back.<sup>9</sup>



Probability Increase of a Pain-Free Workday



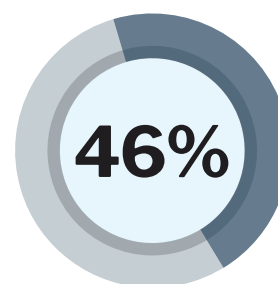
Calories Burned Per Week



## Productivity Benefits

A comprehensive wellbeing plan that includes sit-stand solutions helps to create a non-sedentary environment designed to make people feel and work better:

- ▶ Non-sedentary work environments enhance employee creativity, productivity, and collaboration, and improve group performance.<sup>10</sup>
- ▶ Sit-stand desk users have shown a productivity increase of up to 46%.<sup>11</sup>
- ▶ Employees using activity-promoting desks improve their ability to pay attention, accomplish tasks, and even manage stress.<sup>12</sup>
- ▶ Comprehensive wellbeing plans reduce employee absenteeism and improve morale.<sup>13</sup>



**46%**

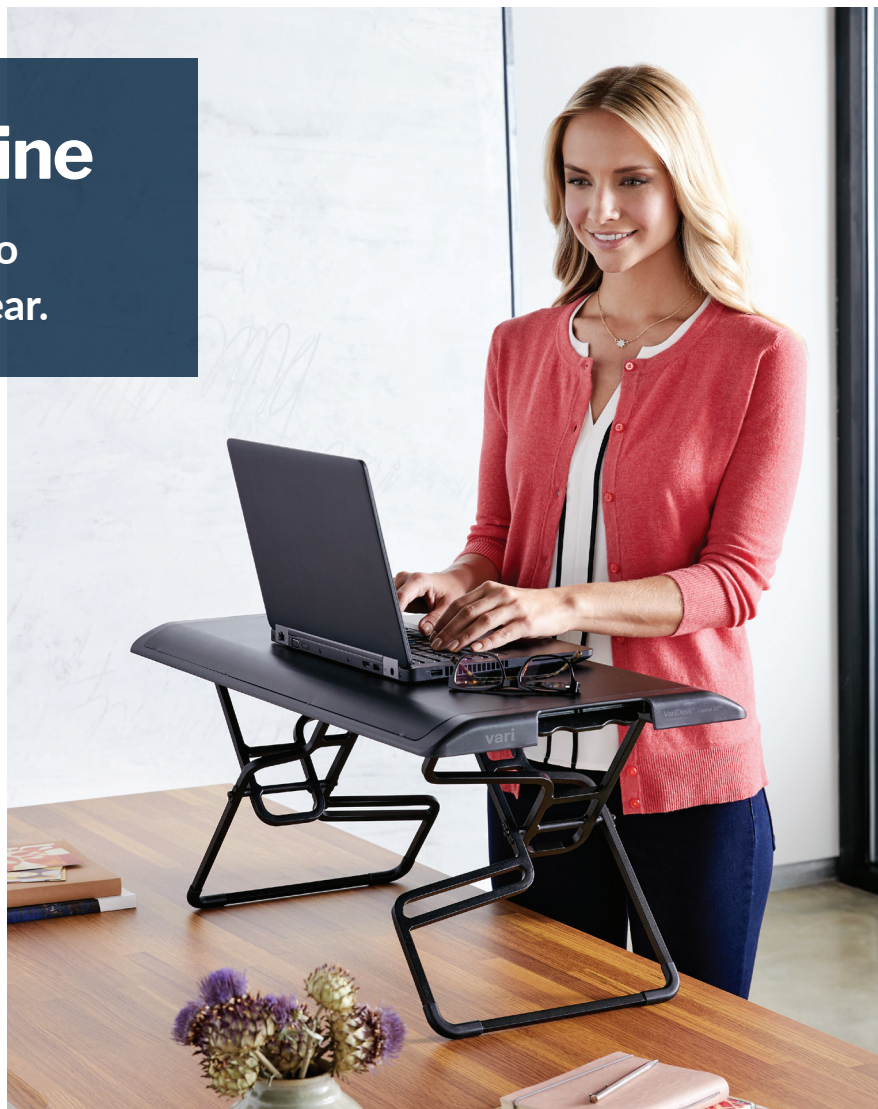
Increased  
Productivity

# The Bottom Line

The value of being able to move more at work is clear.

Companies that add sit-stand solutions like Vari to a comprehensive wellbeing plan benefit from a healthier, happier workforce,<sup>13</sup> have an easier time recruiting top talent,<sup>15</sup> and negate the risks of lost dollars associated with absenteeism, lower productivity, and increased medical premiums.<sup>14</sup>

As you update your health and wellbeing package for next year, keep in mind that there are several ways to offer Vari sit-stand solutions to your employees while keeping costs down.



## Participation Incentives

Let employees use wellness points, dollars, or vouchers toward a Vari product.



## Employee Payroll Deduction Program

Give your employees the option to pay for Vari products.



## Bulk Savings

Enjoy special pricing when you buy multiple Vari products. The more you buy, the more you save.

# It's Easy to Add Vari to Your Company's Wellbeing Program

vari.

**OMNIA**<sup>®</sup>  
P A R T N E R S

OMNIA Partners, Public Sector and Vari have partnered together to save you more money with OMNIA Partners cooperative purchasing. The cooperative purchasing organization is dedicated to serving public agencies and educational institutions nationwide. All cooperative agreements have been competitively solicited and publicly awarded by a public agency/governmental entity (e.g. state, city, county, public university or school district), utilizing the best public procurement practices, processes and procedures. Participants may leverage one of the largest pools of purchasing potential, allowing them to receive a combined buying power regardless of their entity's size.

For more information please visit [omniapartners.com/publicsector](http://omniapartners.com/publicsector)

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