

HEALTH
HERO®



Employed Adults – Health Benefits

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Client: FieldHouse Associates

Date: 10th-17th February 2022

Sample: 2000

Demographic: UK employed adults

Health Benefits

- Of the 2000 employed adults surveyed, 47% say their employer **offers health-related employee benefits**
 - 49% say they are **not offered** any health-related employee benefits
 - 5% **do not know** if they are offered health-related employee benefits

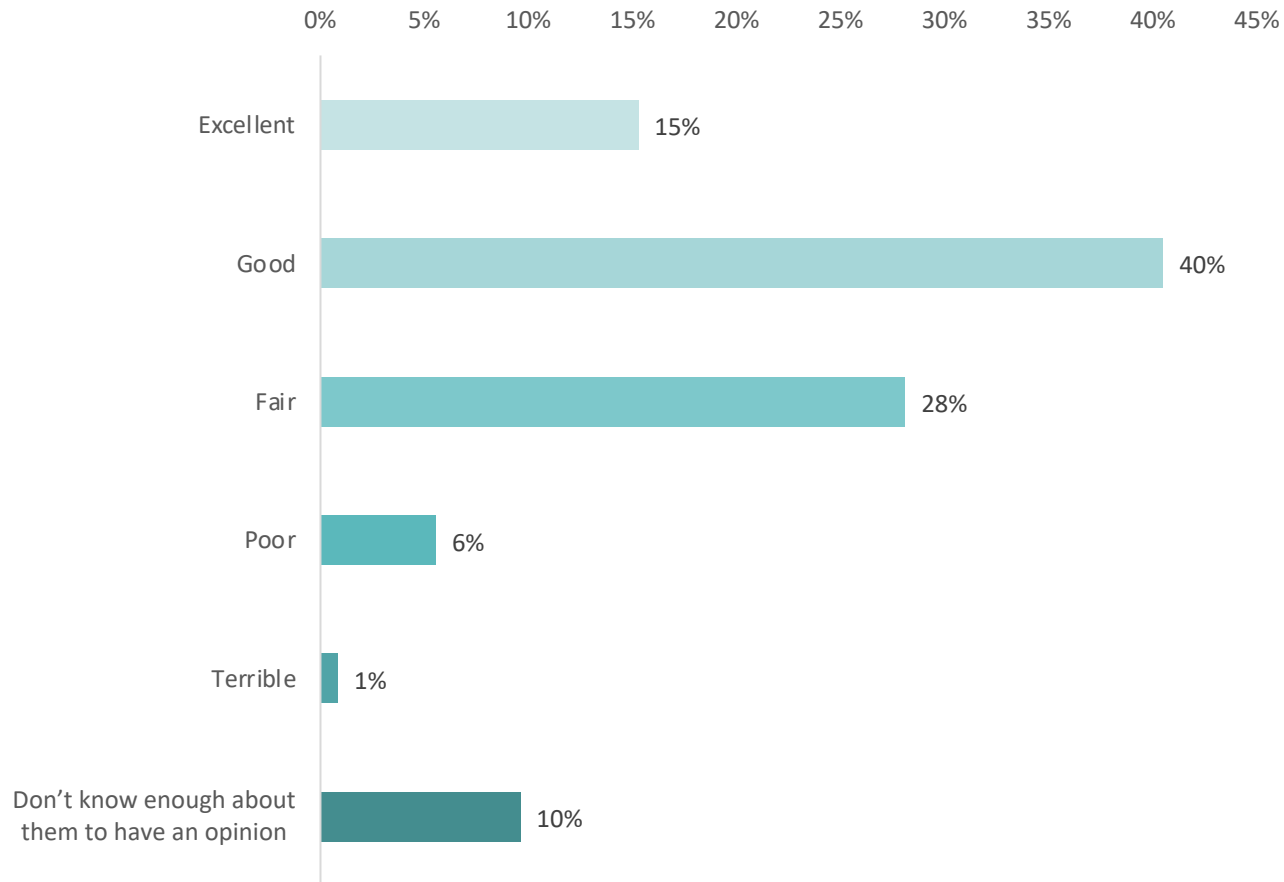
Of those who are offered health-related benefits (n=936):

- 83% say their health-related benefits are **easy to access**
 - 29% say they are **very easy** to access
- 12% say their health-related benefits are **not easy to access**
 - Only 2% say they are **difficult** to access
- 75% say they are **familiar** with the benefits available to them, in terms of the **full range of support available** to them and **what they are covered for**
 - 24% are **very familiar**
- 24% say they are **not familiar**



Question:

Would you say the health-related benefits offered by your employer are...



Insight

Of those who are offered health-related benefits (n=936):

- 15% say their health-related benefits are **excellent**
 - 2 in 5 (40%) would describe their health-related benefits as **good**
 - 28% would describe theirs as **fair**



Wellbeing Benefits

Of those who are offered health-related benefits (n=936):

- When asked how often they use health benefits relating to **wellbeing or preventative care** (such as gyms, mental wellbeing apps/helplines, etc.), 8% said they use these **daily**
 - 19% say they use these **weekly**
 - 8% use them **fortnightly**
 - 9% use them **monthly**
 - 15% use them **a couple of times a year**
 - 18% use them **less often than a couple of times a year**
 - 21% say they **never** use them

Of those who are offered wellbeing and preventative care health benefits (n=910):

- When asked how much they value these **wellbeing and preventative care** benefits provided by their employer, 24% said they **value them a lot**
 - 51% said **somewhat**
 - 19% said **not very much**
 - 4% said **not at all**

Sick Care Benefits

Of those who are offered health-related benefits (n=936):

- When asked how often they use health benefits relating to **sick care** (such as private health care, dental plans, health insurance etc.), 7% said they use these **daily**
 - 15% say they use these **weekly**
 - 9% use them **fortnightly**
 - 7% use them **monthly**
 - 15% use them **a couple of times a year**
 - 17% use them **less often than a couple of times a year**
 - 19% say they **never** use them

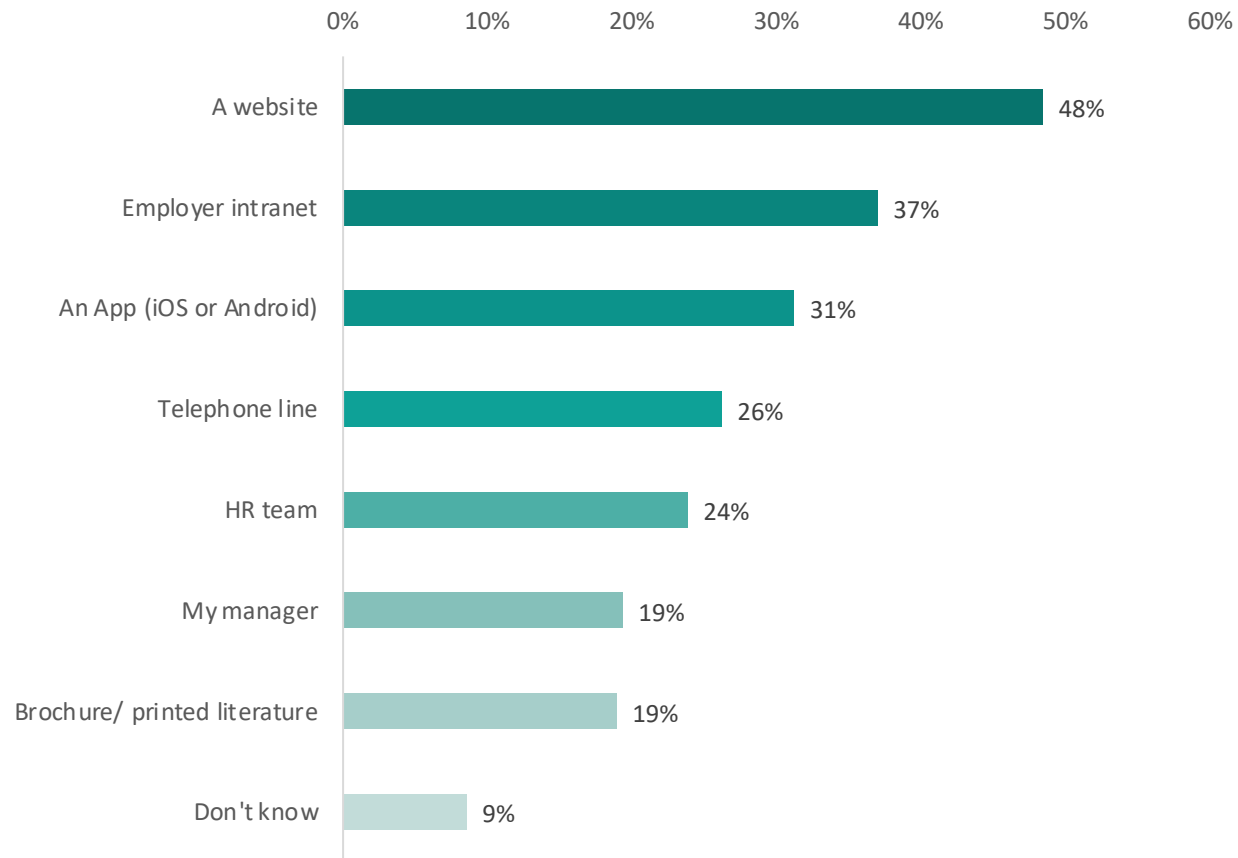
Of those who are offered sick care health benefits (n=840):

- When asked how much they value these **sick care** benefits provided by their employer, 30% said they **value them a lot**
 - 47% said **somewhat**
 - 17% said **not very much**
 - 4% said **not at all**



Question:

How would you like to be able access health-related benefits from your employer?

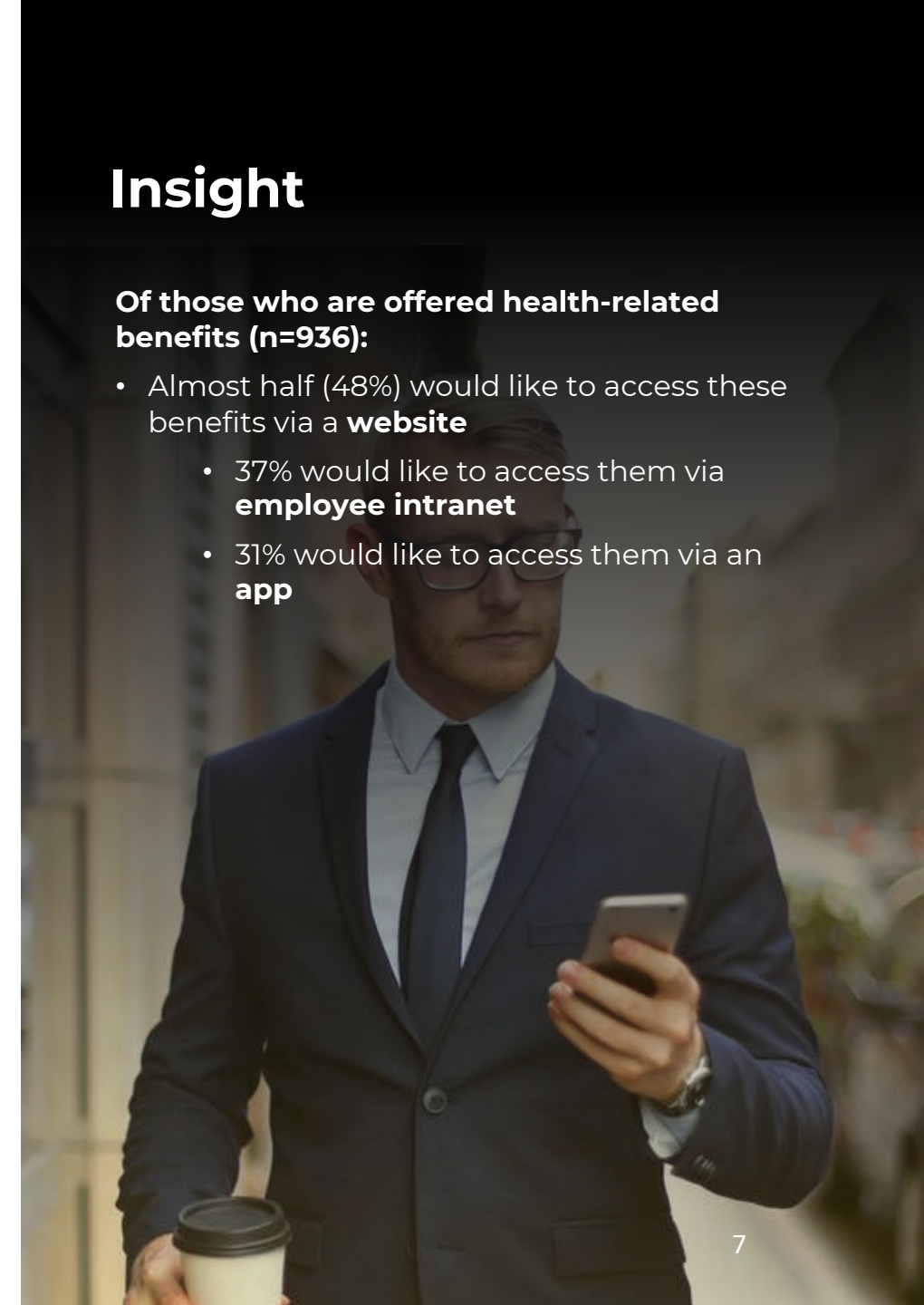


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Insight

Of those who are offered health-related benefits (n=936):

- Almost half (48%) would like to access these benefits via a **website**
 - 37% would like to access them via **employee intranet**
 - 31% would like to access them via an **app**





Tailored Benefits

Of those who are offered health-related benefits (n=936):

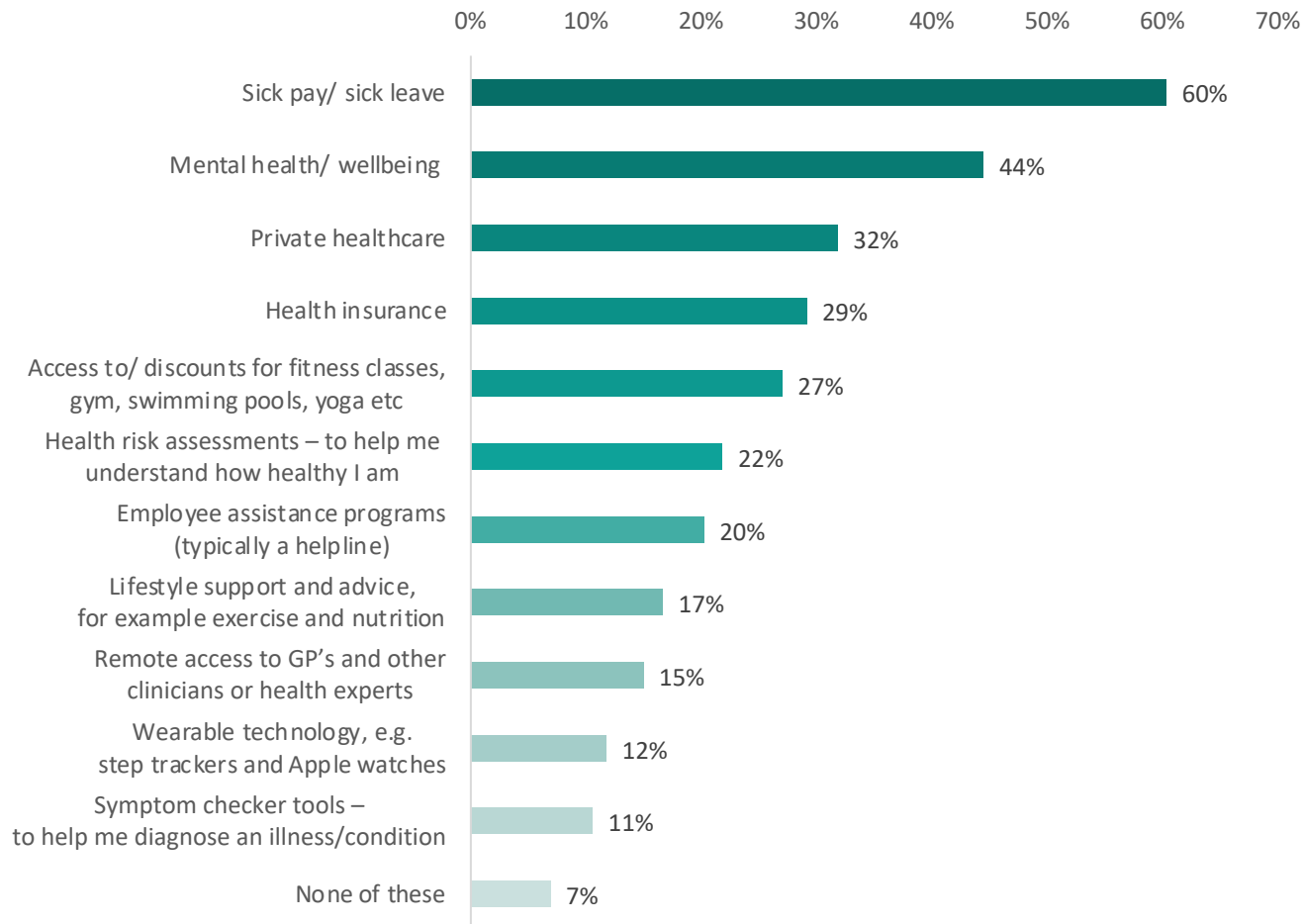
- When asked whether their employer invests more support in employees' physical or mental health, 41% said they value **both equally**
 - 30% said **employees' physical health**
 - 23% said **employees' mental health**
- More than 6 in 10 (63%) say that the health-related benefits offered to them are **generic** (everyone gets the same)
 - 26% say the health-related benefits offered to them are **personalised** (specific benefits tailored to them as an individual)

Of those whose health-related benefits are generic (n=592):

- When asked how much they would value a **personalised** approach, 28% said they would value this **a lot**
 - 50% said **somewhat**
 - 11% said **not very much**
 - Only 3% said **not at all**

Question:

Below is a list of areas where employers can try to make a difference to the health and wellbeing of their staff. Which of these matter most to you?



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- 3 in 5 employed adults (60%) said **sick pay** matters the most to them
- 44% said **mental health/wellbeing** matters most
- Almost a third (32%) said **private healthcare**

Mental vs. Physical

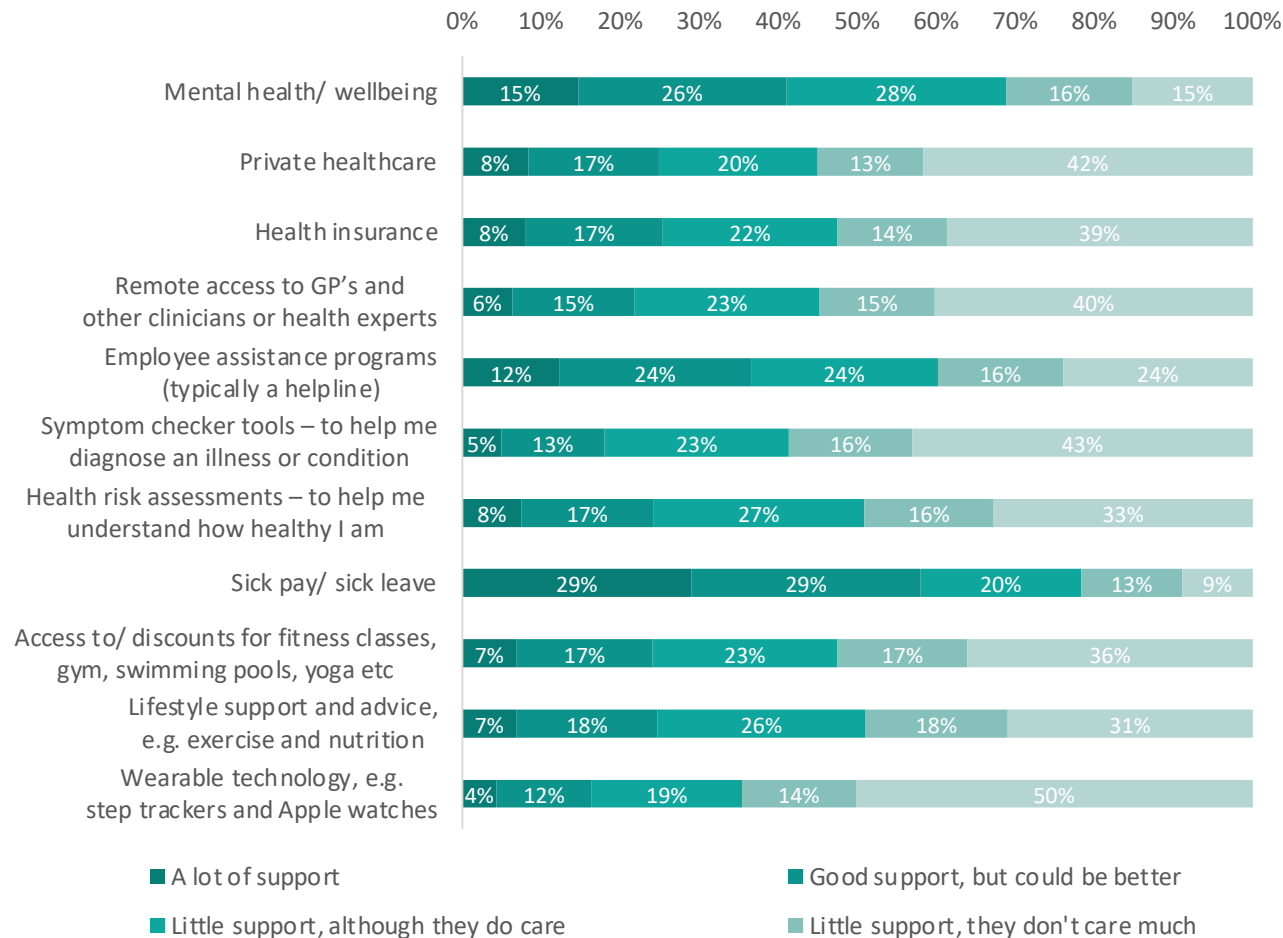
- 58% agree that their employer **recognises the link** between **good mental health** and **good physical health** in their employees
 - 19% **strongly agree**
- 16% **disagree** with this
 - 6% **strongly disagree**
- In comparison, 82% agree that they **themselves** can **recognise the link** between good mental and physical health in employees
 - 38% **strongly agree**
- Only 2% **disagree**
 - 1% **strongly disagree**
- 79% agree with the statement, “**Mental health** of employees should be considered to be **no more or less important** than **physical health**”
 - 42% **strongly agree**
- Only 4% **disagree** with this statement
 - 1% **strongly disagree**

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Question:

Thinking of your current employer, how much support do they offer to employees in the following areas?



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- 29% of employed adults say that they get a **lot of support** in terms of their sick pay/sick leave
 - 29% say they get **good support but could be better**
- 15% say their employer gives a **lot of support** regarding **mental health/wellbeing**
 - 26% say they give **good support but could do better**