

17.03.2020

# CASE STUDY: NIB

AN INTERACTIVE WELLBEING DISCUSSION

**nib**  
health  
insurance





Today's panel:

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**Pippa Leydon**

**nib**

Sales Lead – Existing  
Business



**Heath Mills**

**Cricket Players  
Association**

CEO



**Paul Jarvie**

**EMA**

Head of Health,  
Safety and  
Employment  
Relations



## The Stool for Life Balance and Well-Being



60%

have physical activity initiatives and or sporting teams in place.

42%

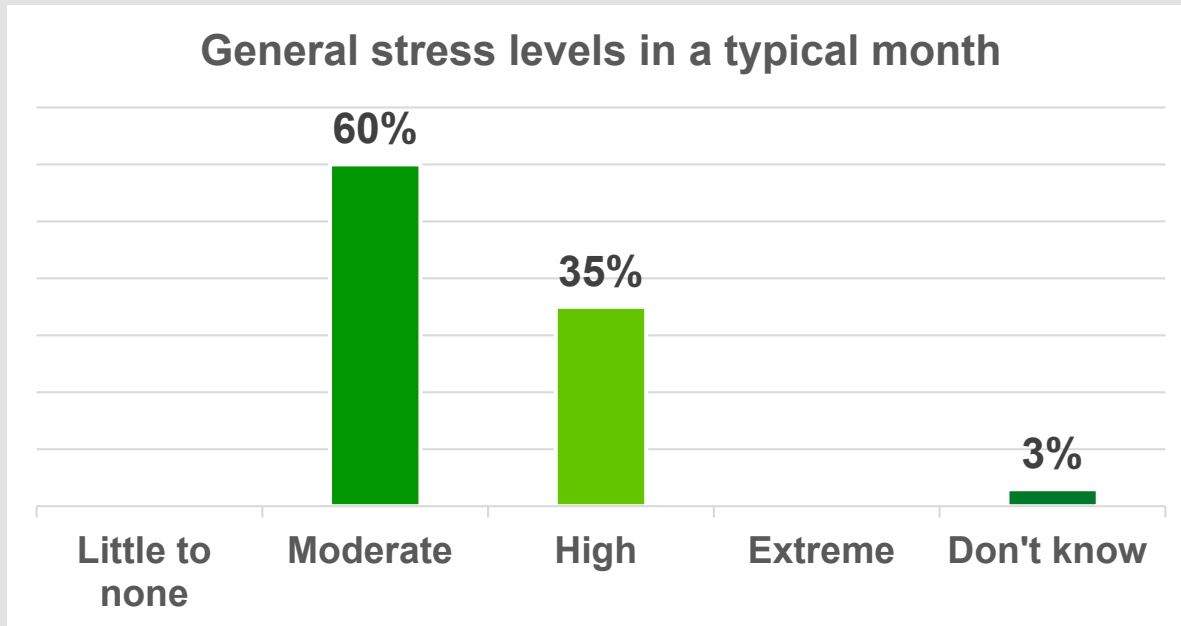
reported a sedentary work environment as an issue for the organisation.



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# Physical and mental wellbeing

**95%** of respondents rated general stress levels in a typical month as moderate to high



**64%**

observed absenteeism as a result of work-related stress in the last 12 months

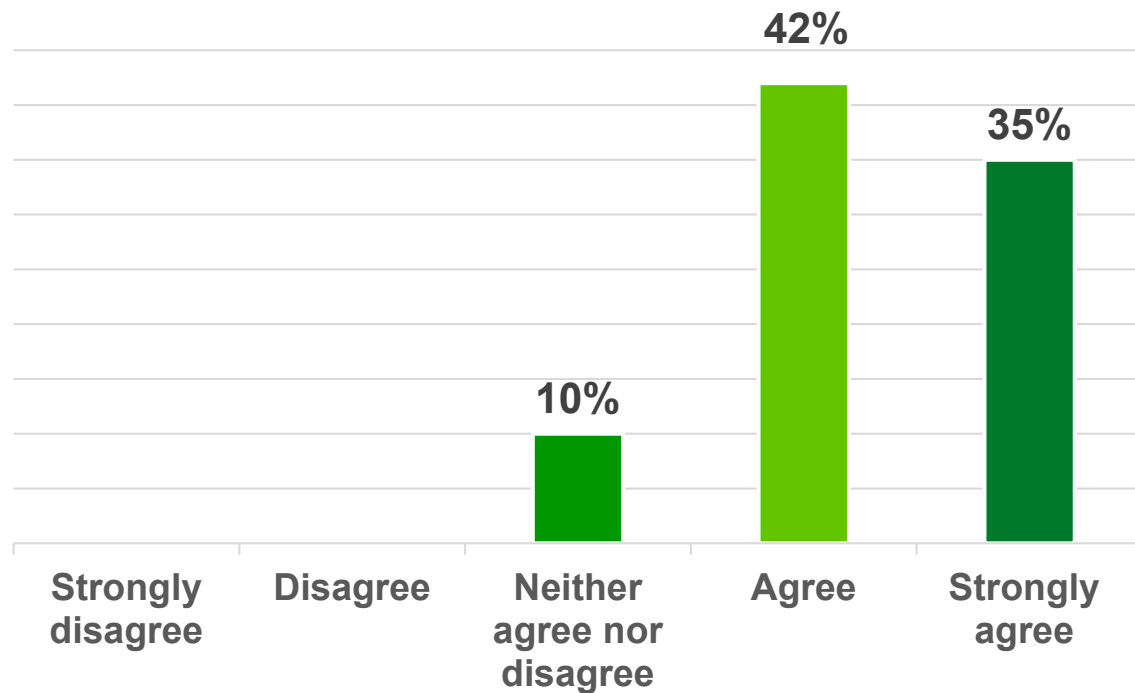
**57%**

observed absenteeism as a result of personal or financial stress in the last 12 months

# Physical and mental wellbeing



The culture of our organisation is supportive when it comes to wellbeing / health



**78%**

of respondents either agreed or strongly agreed that the culture of their organisation is supportive when it comes to wellbeing / health





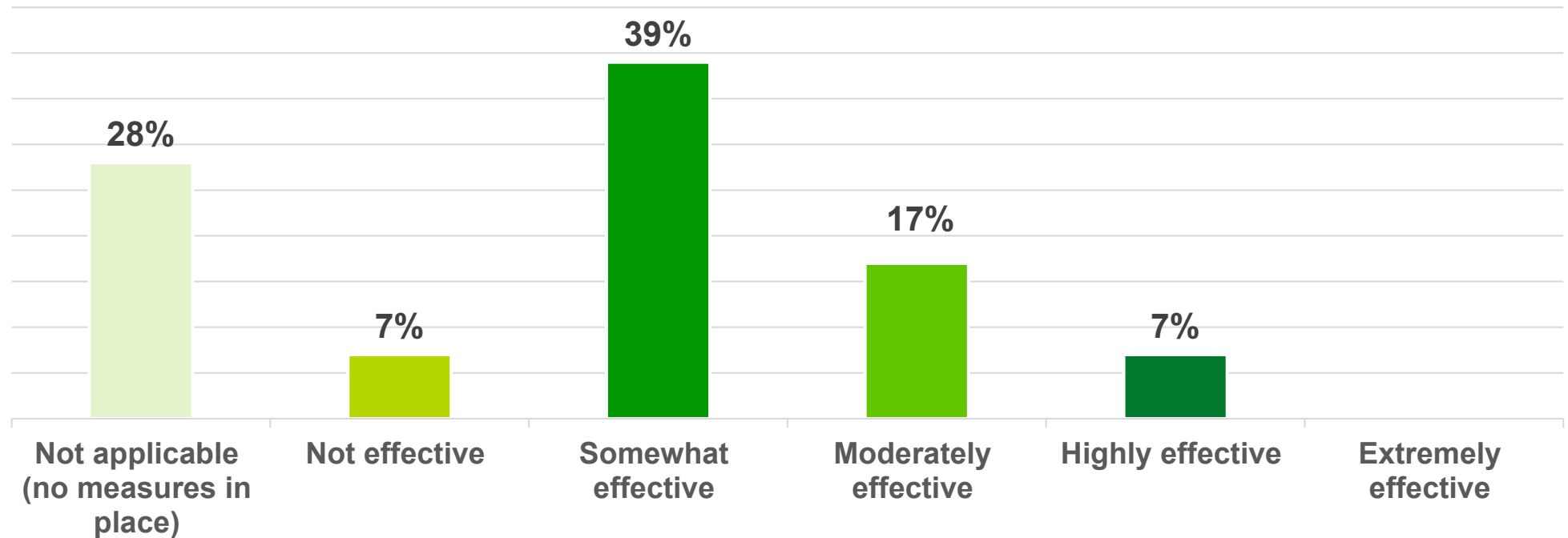
Only **14%** of respondents say they regularly practice stress management as a team







## The effectiveness of current resilience and stress reduction efforts



# Our biggest wellbeing challenge is...



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... ensuring our employees are able to access and apply wellbeing-related initiatives, regardless of location or work environment.



# Our biggest wellbeing challenge is...



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... getting staff buy-in.



# Our biggest wellbeing challenge is...



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... providing health and wellbeing tools to help employees and their families achieve a healthy life both in and outside of work.





Get in contact to chat about a solution  
for your wellbeing challenges:

☎ Call **0800 287 642**

Or email **[grouphealth@nib.co.nz](mailto:grouphealth@nib.co.nz)**

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