

ROI Report

Total Savings

Calculator Based on Number of Videos Watched

Per Hour

Average # of Videos Watched Per Week

Per Minute

Average Savings Per Year



Reduced Health Care Costs



Reduced Sick Days



Improved Productivity



Reduced Turnover

Value Per Hour

\$1.65

\$1.25

\$1.87

\$3.48

Calculation

Cost savings per year / hours of physical activity per year

$$(358-144) / (150/60*52)$$

Cost savings per year / hours of physical activity per year

$$(294-132) / (150/60*52)$$

2% productivity improvement over 1 week / hours of yoga per week required to reach 2000METs

$$0.02*24.34*40 / (2000/3.2/60)$$

Cost of turnovers without yodesk - cost of turnovers with yodesk) / hours of physical activity per year

$$(4000*0.151 - 4000*0.151*1/4) / (150/60*52)$$

Source(s)

Health care costs without a workplace wellness program is \$358 per year and \$144 per year without.

VISIT SOURCE

Sick day costs without a workplace wellness program is \$294 per year and \$132 per year without.

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Moving from 0 to 2000 MET-minutes (MET = Metabolic Equivalent of Task) increases productivity by 2 percent.

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Those not enrolled in workplace wellness program 4x more likely to separate compared with those not enrolled in a wellness program.

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Employees should have 150 minutes of physical activity per week.

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Yoga is equivalent to 3.2 METs

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The average cost to hire a new employee is \$4000

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Mean hourly wage is \$24.34 per hour

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The average employee separation rate per year is 15.1%

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Employees should have 150 minutes of physical activity per week

VISIT SOURCE

A Better Way to Work

To get started please call: (504) 920-1107 or email: josh@getyodesk.com

For more information, please visit: www.getyodesk.com