

ROI Report

Total Savings

Calculator Based on Number of Videos Watched

Per Hour

Per Minute

Average # of Videos
Watched Per Week

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 with.

VISIT SOURCE

Employees should have 150
minutes of physical activity
per week.

VISIT SOURCE

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

VISIT SOURCE

Employees should have 150
minutes of physical activity
per week.

VISIT SOURCE

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

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Yoga is equivalent to 3.2 METs

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Mean hourly wage is \$24.34
per hour

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

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

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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