



**TREND 3**

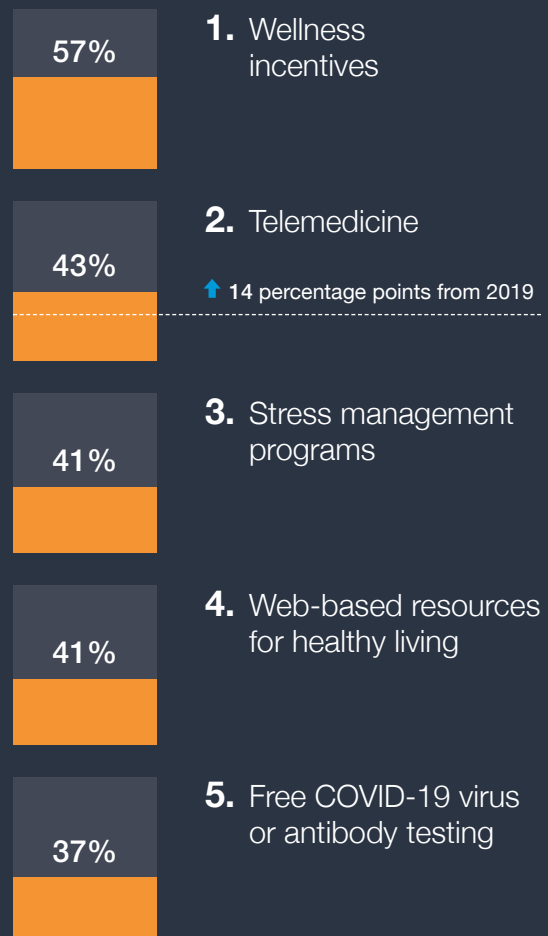
## Virtual wellness and telemedicine options rise.

In keeping with an overall concern for maintaining a healthy and safe working environment, employers reported unparalleled increases in telemedicine and other virtual offerings as part of their wellness initiatives. Similar to past years, just over half of employers offer a company-sponsored wellness program, and at least 4 out of 5 report having good participation in their program. Of employers with a company-sponsored wellness program:

- ▶ **43% offer telemedicine to their employees – up from 29% the previous year.**
- ▶ **Employers increasingly say that telemedicine reduces their overall health care costs.**
- ▶ **With 26% reporting employee mental health issues affecting their business in the past year, more report offering virtual mental health coaching to help employees.**
- ▶ **COVID-19 testing and antibody screening is the fifth most popular wellness benefit.**



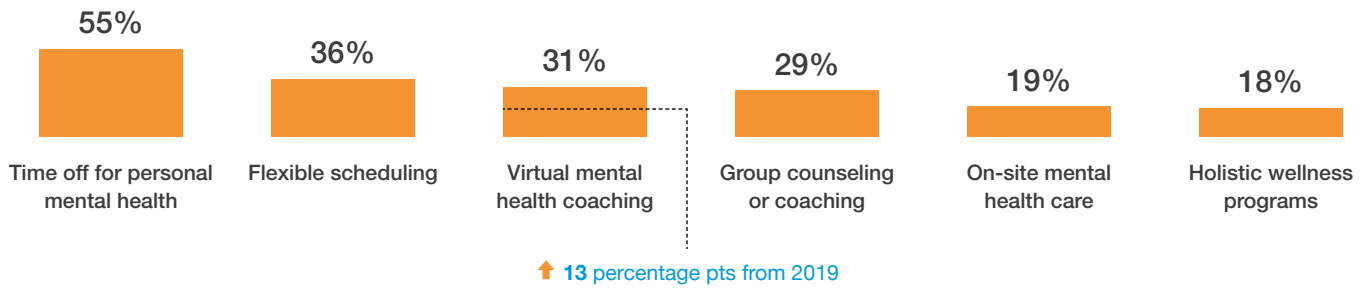
### Top-5 wellness program offerings



### Have employee mental health issues had an effect on your company in the past year?



**Which of the following, if any, does your company offer to assist employees with mental health and self-care?**



The 2020-2021 Aflac WorkForces Report is the 10th annual Aflac employee study examining benefits trends and attitudes. The employer survey, conducted by Kantar on behalf of Aflac, took place online between June 12 and June 30, 2020. The survey captured responses from 1,200 employers across the United States in various industries. The employee survey, conducted by Kantar on behalf of Aflac, captured responses from 2,000 employees across various industries and business sizes between July 7 and July 21, 2020. For more, visit [aflac.com/awr](http://aflac.com/awr).

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