

2024-2025

Aflac WorkForces Report

Insights for midsize businesses

DID YOU KNOW?

Nearly half (48%) of midsize businesses (100-499 employees) continue to struggle with pressure to maintain competitive compensation packages while navigating escalating costs of health care.

Mental health and financial stability remain central themes for employees of midsize businesses with heightened concerns around workplace stress (74%) and financial insecurity (69%).

The Aflac WorkForces Report reveals a growing demand for comprehensive mental health support and supplemental insurance as vital components of a benefits package.

HEALTH, WELLNESS + THE POWER OF BENEFITS



34% of midsize-business employees state their personal mental health negatively affected their job performances last year. **All company sizes: 32%.**

76% of midsize-business employees believe mental health coverage is just as important, if not more important, than physical health coverage. **All company sizes: 76%.**



56% of employees say they couldn't pay \$1,000 in out-of-pocket costs. **All company sizes: 51%.**

83% of employers believe their employees can financially meet their health care obligations. **All company sizes: 77%.**



51% of midsize-business workers have high anxiety about health care costs beyond what their insurance covers. **All company sizes: 54%.**

THE STATE OF WORKPLACE BENEFITS



9 in 10 employees believe the need for supplemental insurance like dental, life and vision is increasing. **All company sizes: 92%.**



79% of employers who offer supplemental insurance believe these benefits help with recruitment. **All company sizes: 74%.**

84% of employers say they help with retention. **All company sizes: 78%.**



94% of employees say their supplemental insurance policy helps to protect their income. **All company sizes: 93%.**

BENEFITS ENROLLMENT + THE INFORMED BENEFITS CONSUMER



79% of midsize-business employers think employees understand costs well. **All company sizes: 69%.**

59% of employees say they do. **All company sizes: 60%.**



74% of the workforce say it's important to have access to a benefits advisor. **All company sizes: 69%.**

- **59%** prefer in-person meetings. **All company sizes: 57%.**
 - **47%** prefer speaking on the phone. **All company sizes: 48%.**
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52% of employees say medical bill negotiation is stressful. **All company sizes: 55%.**

51% of employees say the same about trying to understand what insurance or benefits they need. **All company sizes: 52%.**



50% of employees believe their organizations care about their overall mental health and physical well-being at least a moderate amount. **All company sizes: 54%.**



About the Study
The 2024-2025 Aflac WorkForces Report is the 14th annual employee study examining benefits trends and attitudes. Conducted by Kantar on behalf of Aflac, the employer survey took place online between June 6 and June 21, 2024, and the employee survey took place online between June 6 and July 10, 2024. Throughout this report, some percentages may not add up to 100% due to rounding. The surveys captured responses from 1,003 employers and 2,000 employees across the United States. For more information, visit aflac.com/awr. Aflac includes Aflac and/or Aflac New York and/or Continental American Insurance Company and /or Continental American Life Insurance Company.