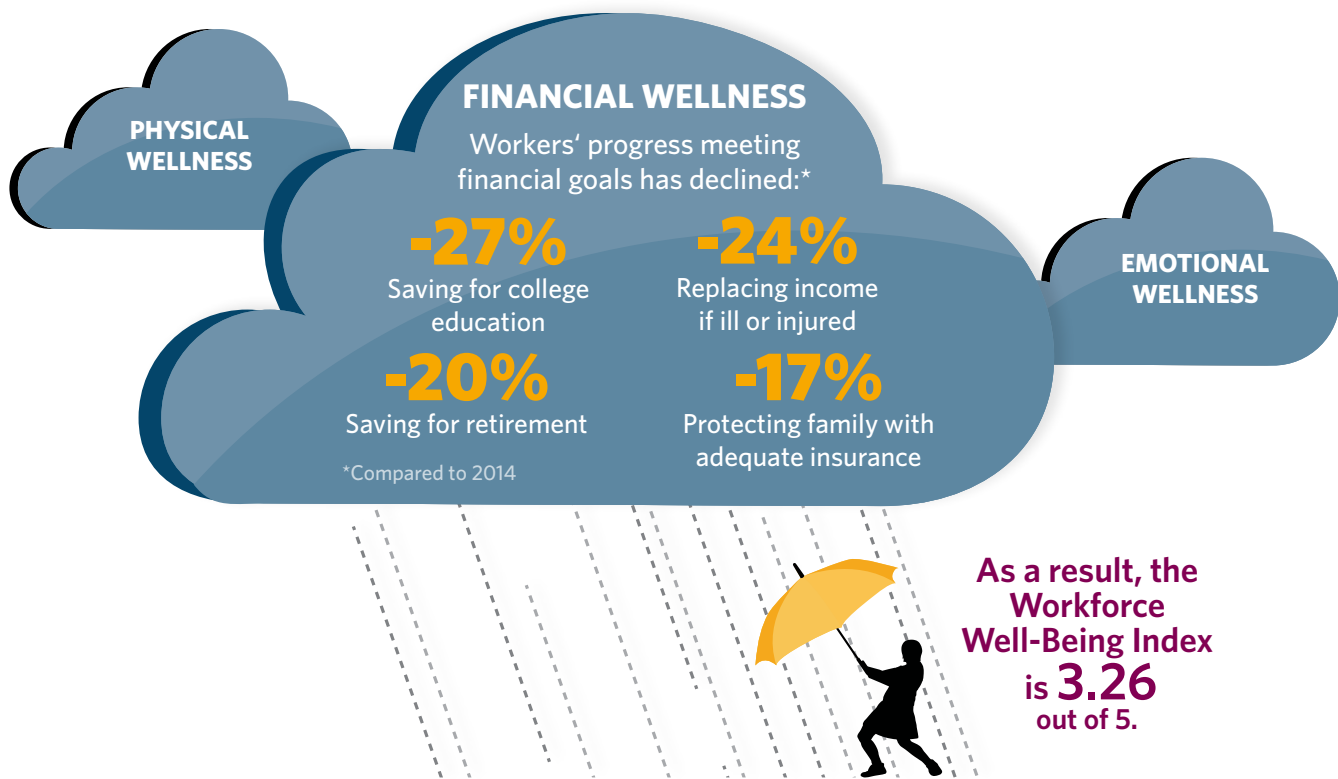


Is Financial Stress Threatening the Overall Well-Being of Working Americans?

There's a dark cloud over working Americans. Financial stress is a major cause of workers' low overall well-being. That's what Guardian's new Workforce Well-Being Index shows. While the Index also measures worker attitudes toward physical and emotional wellness, financial wellness drives 40% of the total score.



Employers can bring relief by taking a more holistic approach to benefits that supports:

Financial wellness with life, disability, and supplemental health insurance, and retirement and college tuition programs

Physical wellness with biometric screenings, health risk assessments, gym discounts, and onsite medical centers

Emotional wellness with EAPs and work-life balance efforts, e.g., telecommuting, flex-time schedules, and paid family leave

For a complete picture of these challenges and how to meet them, read the research brief "Mind, Body, and Wallet," from the Guardian Workplace Benefits StudySM: Fourth Annual, at GuardianAnytime.com.

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Source for all statistics cited is The Guardian Workplace Benefits StudySM: Fourth Annual, 2016.

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