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FREE INTERACTIVE WEBINAR

Closing the SME Health and Wellbeing Gap:
From Good Intentions to Real-World Impact



Tuesday 28th April, 10.00am - 11.00am



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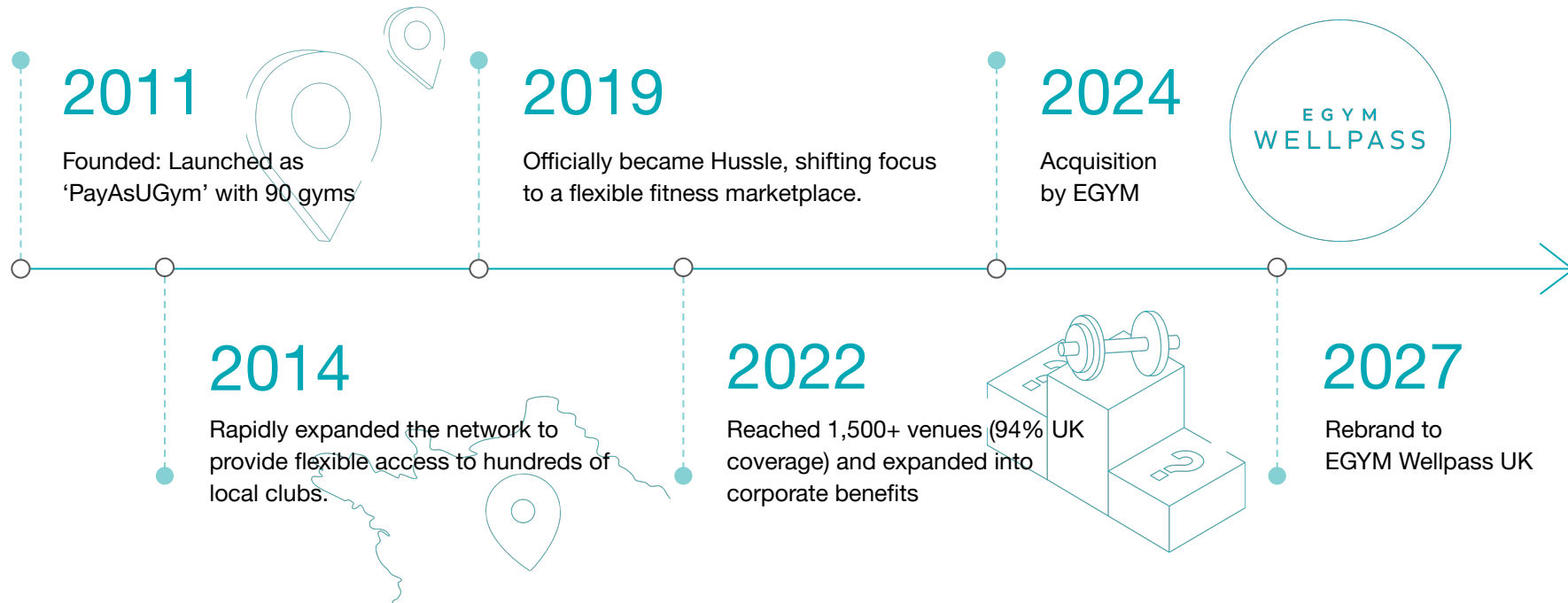


Pauline Alonso,
Corporate Sales Director,
EGYM Hussle

Closing the Health and Wellbeing Gap

From Good Intentions to Real-World Impact

Our journey as a company



Flexible affordable access to venues in 94% of UK postcode regions



UK largest gym chain.
c. 350 budget gyms



Hussle. 1000s of gyms,
pools, and spas

Unlimited employee access to leading brands such as:

yogaia

Nuffield
Health

Fitness First

LivingWell
HEALTH CLUBS
Personalised fitness for life.

everyone
ACTIVE

VILLAGE
HEALTH + WELLNESS CLUB

ANYTIME
FITNESS

Fitness
Space





The SME Wellbeing Gap



£100 bn+

The cost to UK business in sickness days per annum. This equates to an average across both SME & LME business of **£874 per employee, per annum.**

Sources:

[People Management](#)

[Verve Healthcare](#)

[Honeydew Health](#)



£4.17

The potential economic return on investment (ROI) for a UK business that invests in workplace health initiatives is **for every £1 spent.**

[British Heart Foundation](#)

The business case: for SMEs

92%

Of small business leaders believe improved wellbeing is the primary driver for staff retention.

71%

Of SME employers have reported a surge in staff stress, burnout, and absenteeism over the last year.



Barriers to implementation



Geographical 'Fairness'

64% of SME decision-makers struggle to provide equal benefits for a hybrid workforce.



The 'HR-of-One'

18% of SME leaders cite a lack of internal time and resources as a major blocker to executing wellness strategies.



Cost Sensitivity

Cost is a barrier for 47% of the smallest businesses, compared to just 12.6% of large organisations.

Sector-Specific Insights

Finance

Report the highest levels of employee burnout, with 89% seeing a rise over the past year.



Legal

19% report a stigma or lack of openness to discussing wellbeing topics (twice the overall average).



Architecture / Engineering

31.1% cite a lack of internal resources as a primary blocker (vs. 18.7% national average).



Healthcare

Reported the lowest levels of burnout (57%) but faces the highest challenges around budget and resources (42%).



Aligning to our vision

“ Transform
healthcare
from repair to
prevention.”

