



PRESS RELEASE

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Top Employee Health & Wellness Trends of 2018 and Predictions for 2019

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From expansive growth in the understanding of early discomfort management to incorporating Industry 4.0 technologies in the workplace, 2018 saw the continued evolution of employee wellness. Based on industry research, company surveys, and anecdotal evidence, 2019 will bring even more transformation to employee health initiatives. Here are the **TOP 3 TRENDS** we saw in 2018 and **PREDICTIONS for 2019**.

Trends of 2018

1. Expanded Understanding of the Benefits of Musculoskeletal Injury Prevention

There was an increased understanding among corporate leaders as to what exactly injury prevention efforts and early discomfort management look like in the workplace. Managers have started to see the physical and fiscal benefits of incorporating prevention services into their health, safety, and wellness programs.

2. Increased Awareness of Aging Workforce Needs

With aging employees, companies have increasingly recognized an increase in cognitive risks and decline in physical performance of the aging workforce.

3. Incorporating Industry 4.0

This emerging trend can be seen in proactive and progressive companies who have begun to embrace smart technology. With these new Industry 4.0 technologies, companies are able to make strategic decisions with real-time data and virtual solutions.

Predictions for 2019

1. Proactive care through Industrial Sports Medicine Services

As healthcare and early intervention continue to be lagging in the U.S., innovative solutions are being adopted throughout the country. One such solution is the implementation of Industrial Sports Medicine programs with the employer's worksite. Industrial Sports Medicine is an efficient and effective field of

health that is dedicated to the prevention of and care of injuries and disorders that are related to participation in the workforce.

2. Creating Data-Informed Prevention Services

In 2019, companies will begin utilizing sensor technology to collect more and more wellness data about their employees' workaday risk. This data will then be subject to analysis to determine job task risk. This will allow for better prevention programs and improve each employee's individual wellness factors.

3. Modifying Job Tasks with Exoskeleton Technology

As more academic research continues to come out about the fatigue-reducing benefits of passive exoskeletons, more companies will investigate bringing exoskeletons into the workplace. Our experts predict the number of companies using shoulder and back assist exoskeleton technologies will explode in 2019, specifically in the manufacturing and aerospace industries.

This coming year should prove to be an exciting one for employee health as new technologies will continue to be incorporated to create superior employee wellness programs. For more information on these and other trends/predictions, visit www.Briotix.com.

ABOUT BRIOTIX HEALTH

At Briotix Health, we build relationships with you and your workforce to deliver meaningful results in employee health. We focus on musculoskeletal injury and disability prevention; leveraging customized next generation technology to optimize results. Our three areas of focus are Industrial Sports Medicine, Office Ergonomics & Health and Specialized Solutions.

Briotix Health clients include many Fortune 500 companies and their global operations and a significant number of the largest insurers and their proxies. Based in the United States, the company services clients throughout the United States and in more than 63 countries.

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