

# A BOLD, NEW APPROACH TO WELLNESS LOWERS ABSENTEEISM

## INNOVATIVE SOLUTION LOWERS STRESS AND ABSENTEEISM

Desk Yogi is a modern workplace wellness solution that provides fitness, mindfulness, nutrition and stress-reduction sessions, online, right at their desks, whenever they need a break.

### SCENARIO

A large technology company with multiple call centers was suffering from high absenteeism due mostly to stress. While the company had implemented several wellness initiatives in recent years, the call center employees were rarely able to participate due to their role requiring them to be at their desk and ready to assist customers with calls.

### SOLUTION

The company enlisted the help of Desk Yogi to deliver a comprehensive wellness solution that could be accessed by employees at their desk, at any time, and in the span of a short break, between phone calls. Desk Yogi provided every employee with unlimited access to the Desk Yogi platform that included a comprehensive library of 3-5 minute videos on a variety of topics, including stress reduction. Custom playlists were created for the call center teams to make it easy to focus on relevant content and wellness challenges made it fun for everyone to get involved.

Unlimited Access	Targeted Content	Fun Challenges
Employees had unlimited access to 3-5 minute wellness videos	Desk Yogi created custom playlists to match relevant content to employee roles	Monthly challenges were utilized to encourage participation and friendly competition

### RESULTS

**71%** **Less Stress**  
Based on employee survey

**23%** **Reduction**  
in employee absenteeism

*"A 23% reduction in absenteeism is massive! If we sustain this, we could close an entire call center!"*