

New Work Models and Changing Employee Benefits: How Is Tech Adapting?

Technology companies led the charge to remote work when the coronavirus pandemic began, and they're now in a position to decide what will come next.

“It will be interesting to see what shifts first and what shifts furthest – workers’ expectations about remote working or employers’ demands about being in the office.”

– Mark Chaffey, co-founder and CEO at hackajob, a global technology recruiting platform¹



The Top Wellbeing Challenges for Tech Today

Employee Mental Health

44%

IT sector professionals whose mental health has been affected since the start of the pandemic²

84%

tech professionals who found difficulty switching off from work in the past year³

51%

tech professionals diagnosed with a mental health condition⁴

¹<https://www.zdnet.com/article/tech-jobs-remote-working-is-here-to-stay-and-some-employers-are-worried/>

²<https://www.westfieldhealth.com/resources/coping-after-covid>

³<https://searchitchannel.techtarget.com/post/IT-industry-must-open-up-about-mental-health>

⁴<https://osmi.typeform.com/report/Ao6BTw/U76z>

Complex Wellness Program Management in a Changing Environment

A new world of remote work for HR to grapple with

67%

of startups that expect two-thirds of their employees to work remotely at least some of the time⁵

“Most startups I speak to don’t foresee an office-centric approach, with many taking a remote-first approach.”

– TechCrunch, *Tech Companies Are Looking at More Flexible Work Models When Offices Reopen*



A continued world of stress, burnout – and not feeling supported by their employers

During the six months that ended in July 2021, technology sector employees reported⁶ ...

+43%

increase in “somatic stress” – major emotional distress and problems functioning

+29%

increase in feelings of burnout

+14%

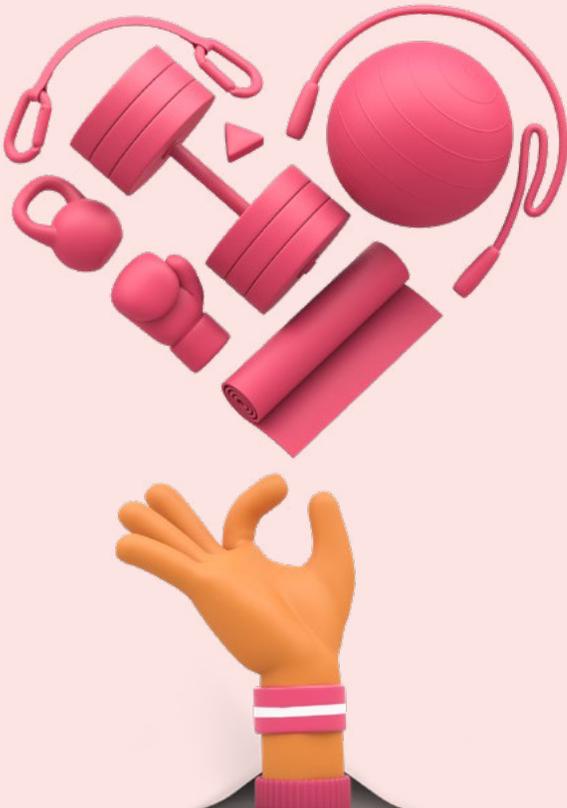
increase in thinking of quitting

⁵ <https://a16z.com/2021/06/08/are-we-returning-to-the-office-or-is-the-future-remote/>

⁶ <https://go.mequilibrium.com/rs/553-GRV-433/images/Overwhelmed-Threats%20to%20Employee%20Wellbeing%20Persist%20and%20Employer%20Support%20Remains%20Critical.pdf>

The Tech Industry Needs – and Wants – Wellbeing Initiatives Like Gympass

We understand the importance of a holistic and accessible corporate wellbeing platform to meet the needs of the stress-filled work life and increasing remote work habits of the tech sector.



68%

of benefits managers at tech companies use a third-party wellness platform such as Gympass⁷

+43%

increase in retention among active Gympass users at companies with 1,000+ employees⁸

70%

of employees enrolled in wellness programs reported higher job satisfaction than those not enrolled⁸

89%

of workers at companies with wellbeing initiatives are more likely to recommend their company as a good place to work⁸

⁷Gympass survey of HR leaders in the technology industry.

⁸<https://www.forbes.com/sites/nazbeheshti/2019/01/16/10-timely-statistics-about-the-connection-between-employee-engagement-and-wellness/?sh=1f52f04c22a0>

To learn more about how Gympass can help you have a happier, healthier, and more productive workforce ...

Contact Gympass Now

