

# FINDING

# WORK / LIFE

# BALANCE

NEARLY 1/2 OF U.S. WORKERS LOVE THEIR JOBS AND 10% WOULD WORK EVEN IF THEY WON THE LOTTERY

ACCORDING TO A CIGNA NATIONAL SURVEY <sup>1</sup>

TOP 3 reasons workers felt positive



Pride in their work



Sense of accomplishment



Love for their co-workers

## MANY STRUGGLE WITH A WORK/LIFE BALANCE

**44%** worried in the past 6 months about how to pay for medical costs not covered by their medical plan



**82%**

said they would find value in learning about ways to manage work/life balance



**56%**

of blue collar workers worried about medical costs

## EMPLOYERS CAN HELP SHAPE AN INDIVIDUAL'S FINANCIAL SAFETY NET

Workers are nearly **2X** more likely to choose additional financial protection benefits if their employer offered them



**40%** see how critical illness, accidental injury or hospital indemnity insurance can offer them protection

**47%** see how disability insurance can offer them protection

## MANY WORKERS TAKE A DO-IT-YOURSELF APPROACH TO THEIR FINANCIAL HEALTH

**72%** tried preparing for an unexpected illness or injury themselves within the past 6 months

TOP 3 ways U.S. workers prepare for a health issue



Being healthy to avoid an illness



Saving more money



Getting more safety conscious

Despite good intentions, **2/3** of Americans live paycheck to paycheck<sup>2</sup>



## BUT ONLY A SMALL NUMBER ARE PROTECTING THEIR FINANCIAL HEALTH

**9%**



said they purchased disability or voluntary coverage like critical illness, accidental injury or hospital indemnity insurance

## HELPING EDUCATE EMPLOYEES ABOUT BENEFITS IS CRITICAL

When asked about what benefits they would consider if a disabling injury or illness were to occur

**47%**

said they would want to access disability insurance

**39%**

said they would turn to FAMILY & MEDICAL LEAVE

**OOPS!**

But...

Family & Medical Leave (FML) does not provide any financial help



The Family and Medical Leave Act (FMLA) is a federal law requiring employers to provide employees job protection, but unpaid leave for qualified medical and family reasons

What does your financial safety net look like?



For more information visit: [www.cigna.com/knowyourbenefits](http://www.cigna.com/knowyourbenefits)