

ORGANIZATIONAL STRESS SCORECARD

According to the American Institute of Stress, 80 percent of U.S. workers feel stressed on the job. Additionally, workplace stress costs employers about \$300 billion in lost productivity annually. While it may not be possible to completely eliminate workplace stress for employees,

employers can play a big role in helping reduce it by implementing various programs. Use this scorecard to check how many stress mitigation strategies your organization offers.

INSTRUCTIONS: Begin by answering the questions below. Each response will be given a numerical value depending on the answer. After completing the questions, total your score using the scale at the bottom of the page.

- **YES:** 0 points - **NO:** 2 points - **UNSURE:** 2 points

QUESTION	YES	NO	UNSURE	SCORE
1. Do you provide employees with general stress mitigation tips?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Do you offer an employee assistance program (EAP)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Do you offer a flexible office or paid time off policy that aligns with your company's goals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Do you have an effective plan to communicate business or benefits changes to employees?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Do you offer competitive compensation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Do you offer a retirement plan?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Do you offer disease management resources?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. Do you provide employees with the resources to make wise health care decisions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. Do you offer health and wellness resources?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10. Do you offer resources or programs to full- or part-time employees who are also caregivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TOTAL SCORE:				

Low risk. Contact Touchstone Consulting Group to confirm: 0-6

Medium risk. Contact Touchstone Consulting Group today: 7-13

High risk. Contact Touchstone Consulting Group today: 14-20

