

THE FUTURE OF WORK AND DIGITAL WELLBEING: Protecting employees in a COVID-19-shaped world

Allianz  Partners

Overview

COVID-19 has provided many employees with new and more flexible options on where, when and how they work.

But it has also challenged their physical and mental health, productivity, and ability to communicate effectively at work.

'The Future of Work and Digital Wellbeing – Protecting employees in a Covid-19-shaped world', surveyed 1,000 full-time employees working from home in Canada, France, Singapore, United Arab Emirates and UK due to government restrictions imposed during COVID-19.



Industries of focus in the report:

Finance, Healthcare, Marine, Manufacturing, Oil and Gas

75% of respondents said they want to work from home more post-pandemic, with **69%** wanting to work from home for most of the working week (i.e. at least three days)

However, the research also found that:



61% have **not had a good conversation** with their manager about **mental health** during lockdown



36% were **concerned about the long-term effects** on their mental health

46% felt **isolated** working from home during COVID-19



58% felt they have **struggled to do** at least **part of their job** remotely



over **50%** reported **new aches and pains** since lockdown



77% of respondents said **employers should provide guidance and rules** around working from home



67% feel they are **just as productive** working from home

"Our goal was to highlight how COVID-19 has changed how we work, what the impact has been on employee wellbeing and give companies some practical insights into what they can do to support their workforce. Not just during this very challenging time, but longer term, because this pandemic will result in longer term changes to how, and where, people work."

Ida Luka-Lognoné

CEO International Health & Travel at Allianz Partners

These results are based on a survey of people who reported working from home more during the pandemic, conducted by the Economist Intelligence Unit in June 2020