

CORPORATE WELLNESS

A c h i e v i n g M a x i m u m H e a l t h

Read Some of the Realities Facing All Companies and Employers.



Pain Costs Employers Billions in Lost Wages for Sick Days

American employers lose billions of dollars each year because pain keeps workers off the job, according to a 1996 survey by Louis Harris & Associates. "**Pain is a major cause of absenteeism in the workforce**," said Robert Leitman, Executive Vice President, Louis Harris. "In 1995, pain caused 50 million lost work days at a cost to employers of at least \$3 billion in wages for employees who called in sick."



Back pain is now recognized as the leading cause of sickness related absence from work. Eleven million working days were lost in 1995 due to musculo-skeletal disorders including back pain in 1995. (Labor force survey). **Back pain is the second leading cause of absenteeism from work, only after the common cold.**



1999 National Pain Survey ~ Executive Summary

Approximately 24 percent of Americans, or roughly 48 million people, suffer from chronic pain; 21.6 million Americans, or one in ten (11%) adults, take prescription pain medication regularly to manage chronic pain. **Yet surprisingly, few employers offer programs to help employees prevent or manage their pain.**

On average, a worker in the United States loses 115 productive work hours every year due to a health condition. A majority of the lost productive time from these health conditions is visible to employers, because it occurs on the job. **The total cost to employers in lost productive time for all health conditions is in the range of \$2,000 per employee per year.**

And there may be another, hidden cost to you - decreased worker productivity. Many employees go to work every day, but they may not be as productive as they might otherwise could be.

Your employees may be suffering enough to miss workdays due to neck pain, back pain or headaches. We can help your employees' wellness. The health and success of companies is directly related to the health and success of each team member. By optimizing everyone's health, your work place will be a happier, healthier place to be, and more productive.



Why Promote Wellness in Your Workplace?

The top four reasons to offer Wellness screenings in the work place to promote health:

- Reduced absenteeism
- Reduced health care costs

- Improved employee health
- Improved employee morale

No matter if your company has two or two hundred employees, a healthy employee working at full capacity is what every employer wants to achieve. Providing preventive health care promotes healthier lifestyles for your employees while allowing your business to grow and profit. Our Corporate Wellness program helps employers accomplish this goal by **conducting an on-site Health & Wellness screening. We will educate your employees on proper ergonomics, health, stress and prevention.**

With the cost of healthcare rising every day, employers need better alternatives. That's why a Corporate Wellness program benefits both employers and employees.

Prevention is the Best way to Keep your Most Valuable Resource - Your Employees - Healthy.

Creating wellness demonstrates the extent of your commitment to your people. And when you transform the way your people perform, you transform your business.

Our program uses the "One Hour Lunch & Learn Program" designed to provide the latest information on a healthy lifestyle, ergonomics and a healthy spine assessment. Our program is interactive, empowering and fun. **Even better, we bring the lunch to your office.**

We utilize the very latest diagnostic equipment to help in the screening process to determine areas of muscular tension and stress. The computerized spinal screening is a thorough process that is non-invasive, painless and will detect areas of nerve disturbance. We use the latest Chiropractic techniques and advanced computerized technology. One of our Doctors on staff and his assistant perform the screening. Each employee is offered a complimentary exam of the muscular structure and the results are explained. Advice on simple health strategies and wellness will be given to the employee and questions from the employee answered.

The Corporate Wellness program takes approximately 40 to 50 minutes to present and is therefore ideal as a component to staff training days. The two step process starts with a workshop centered on employee health, back care and stress followed by the computerized assessment. The Lunch & Learn Program is designed to be a very stimulating and enjoyable experience. The workshop is presented by a fully qualified and experienced Chiropractor.

If you would like to receive additional information about this exciting program, please call us at 239-591-2220. It will only require 15 minutes to explain the program. We look forward to hearing from you.

Dr. Ramon Gonzalez & Associates



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