

## EMPLOYEE WELLNESS IMPROVES YOUR BOTTOM LINE

Research indicates that workplace wellness works in real terms – of return on investment and improvements to the bottom line.

Many companies consider chair massage a best practice for their wellness programs.

**Make Massage At Work part of your overall wellness and retention strategy!**

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“A growing body of research indicates that these programs can change employees’ behavior, improve their biometric risk profile and work productivity, reduce use of and spending for health care services, and achieve a positive return on investment.”<sup>3</sup>

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“Over 50% of corporate profits now go for healthcare costs versus only 7% three decades ago.”<sup>4</sup>

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“An organization’s health prosperity is directly influenced by the health and well-being of its employees.”<sup>5</sup>

- <sup>1</sup> The American Institute of Stress; Integra.
- <sup>2</sup> Massage Therapy Reduces Anxiety and Enhanced EEG Pattern of Alertness and Math Computations. Touch Research Institute, University of Miami.
- <sup>3</sup> National Institute for Health Care Management; Agency for Healthcare Research and Quality.
- <sup>4</sup> Characteristics of Successful Wellness Programs. Don R. Powell, Ph.D., President of the American Institute for Preventive Medicine.
- <sup>5</sup> Wellness Strategies to Improve Employee Health, Performance and the Bottom Line. David Chenoweth, Ph.D., FAWHP. Society for Human Resource Management Foundation and Humana.

### SOME OF OUR VALUED CLIENTS



**Reduce Tension**

**Improve Retention**



**Massage AtWork**



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...The Corporate On-Site Massage Professionals™



**Massage AtWork**

...The Corporate On-Site Massage Professionals™

Massage At Work’s on-site massage programs enhance individual and team productivity, and reduce healthcare costs.

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# Why is it Important?

## JOB STRESS CONSTRAINTS THE BOTTOM LINE

Stress costs businesses \$300 billion annually, accounts for the absence of a million workers a day and routinely causes 62% of neck pain. <sup>1</sup> Stress-related illnesses lead to increased absenteeism, turnover, workers' compensation claims and health costs.



## MASSAGE RELIEVES STRESS, ENHANCES PRODUCTIVITY, AND IMPROVES HEALTH

### IT'S A FACT!

In 1996, a study by the University of Miami School of Medicine showed that 15 minutes of massage twice a week for five weeks had the following benefits:

- enhanced alertness
- increased speed and accuracy on math computations
- lowered anxiety, job-related stress and levels of the stress hormone cortisol. Cortisol suppresses immunity and leaves employees susceptible to chronic conditions such as heart disease, diabetes, high blood pressure, asthma and arthritis.<sup>2</sup>



## SMART COMPANIES SHOW THEIR TEAMS LOVE

The workplace has changed dramatically since 2020. Now more than ever, showing appreciation is essential to retaining key team members. Integrating Massage At Work into your overall wellness and retention strategy can make a significant impact on your team's morale and your business's bottom line.



## How Does It Work?

Massage At Work provides on-site, clothed workplace chair massage services to businesses throughout the country.

We employ only licensed, insured, and professional massage therapists for your employees' safety and your peace of mind. Typical chair massages last 10-30 minutes and we have flexible programs designed to meet your needs across a range of events, activities, and promotions.



## Why Us?

### EXPERIENCE

For almost 20 years, Massage At Work's professionalism has earned the loyalty of some of the nation's most prestigious and forward-thinking companies for clothed in-office chair massage that decreases stress, reduces fatigue, strengthens focus, improves morale, increases productivity, and reduces healthcare costs.

### PROGRAMS THAT FIT YOUR GOALS

You choose from programs that help with:

- Awards and Motivation
- Corporate Special Events
- Conferences and Expos
- Staff Appreciation Days
- Health Fairs
- Wellness Benefits

### FLEXIBLE PAYMENT OPTIONS

Our custom-tailored programs offer flexibility:

- Employer pay
- Employee pay
- Combined employer/employee pay

