

Corporate Wellness

Reduce absenteeism

Absence costs New Zealand businesses nearly \$1 billion a year according to research conducted by Conversa Global. Productivity is not just lost through absenteeism, but also through what has been quipped as 'presenteeism' - employees are on site but mentally absent. When staff are not functioning at their best - physically or mentally, are stressed or unwell, their hours at work may well be wasted.

The numbers stack up

The Journal of Occupational Medicine published a study with findings that indicate the number of days lost from work is nearly 10x lower for workers who received chiropractic care verses those who just relied on medical treatments. Another study in the Journal of Manipulative and Physiological Therapeutics involving 395,641 patients with neuromusculoskeletal conditions, indicated that patients receiving chiropractic care incurred significantly lower treatment costs and were back to work faster than any other treatment. Even better was they reported feeling more alert and energised. And who doesn't want that for their staff?



- Improve focus & concentration
- Increase employee attendance
- Faster recovery from illness and injury
- Enhance executive peak performance

Companies Gain the Benefits from Chiropractic

If you're looking to have a healthier, happier workforce, then consider a tailored employee wellness programme from Chiropractic Touch in your work place. The best part of it all is it can be done at ZERO out-of-pocket expense for your company.

Our Corporate Wellness Events Include:

- Comprehensive Consultation with your HR representative and Pre-Event Site Assessment
- Ergonomic Evaluations
- Wellness Health Talks
- Lunch and Learn Workshops
- One on One Employee Health, Wellness and Stress Evaluations, including a spinal and postural assessment

Health Talks & Spinal Health Assessments

Our Chiropractic Doctors can provide assistance to local businesses interested in developing greater wellness in the work place. Posture checks, for example, are one excellent way to quickly uncover potential health concerns.

The benefits of a Health Talk or Spinal Health Assessment are:

Educational: Our programmes provide your employees with education on the 5 key elements to good health - movement, sleep, nutri-

tion, spine and nerve system health, a positive mental attitude, and why it is a vital part of their wellbeing.

Value: Spinal Health Assessments provide your staff and management with a valuable added service that they can enjoy and benefit from.

Fun: These events are designed to be fun and informative for all involved. Most participants report being inspired and empowered from the information provided.

Easy set up: A Spinal Health Assessment can be set up in any area of your business and we do all the work. It does not require you to provide us with any assistance; we bring everything needed.

Give our office a call today on **09 4888 001** and let us show you how we can improve your workplace performance, productivity and profit!



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