



Health and Wellness in Your Workplace

Studies show that a sedentary work environment can be hazardous to an employee's health. How can this issue be fixed so employees are more productive and able to live a healthy lifestyle? According to research done by the RAND Corporation for the US Department of Labor, 80% of employers implement some sort of wellness program for their employees. Implementing and promoting a health and wellness program is not just an investment in employees, it benefits employers as well. A workplace wellness program lowers absenteeism while increasing productivity and employee retention.

Tradewinds Chiropractic and Wellness is dedicated to helping Virgin Islanders become healthier in the workplace. **We do this by offering free workshops at our office or at your workplace to educate employers and employees on the benefits of a healthy workplace.**

Some of these topics are:

- **Evaluate Employee Health Risks**

Tradewinds Chiropractic uses risk assessments, body composition analysis, questionnaires, and functional assessments to discover prevalent issues. With this information, we create personalized preventative plans that are much more effective than generalized education or information. Plans include primary prevention for employees with risk factors leading to chronic diseases. Secondary prevention is used to improve disease control among employees who manifest chronic conditions such as arthritis, asthma, or diabetes. Utilizing preventative care reduces reactionary assistance (ex: health insurance, surgery, etc.), which reduces healthcare costs for each employee.

- **Healthy Food in the Workplace**

Sodas and candy in the vending machine, or donuts brought in for breaks, tempt employees to eat an unhealthy diet. Tradewinds Chiropractic will discuss nutrition and the benefits of healthy eating with employers and employees as well as suggest healthy options for the workplace. Open communication with employees, and education regarding healthy substitutes encourages an environment dedicated to health and wellness.

- **Fitness Challenges**

Tradewinds chiropractic helps employers create rewards, incentives, or monthly challenge programs to increase fitness in the workplace. Rewards such as gym, spa, group fitness, or yoga memberships or FREE chair massages from Tradewinds Chiropractic encourage participation. Tradewinds Chiropractic works closely with local gyms, spas, yoga studios, and group fitness instructors to assist employers or employees when choosing their fitness programs. The opportunity to exercise more frequently or together, creates a strong work environment.

- **Office Ergonomics**

Workplace ergonomics is the science of designing and arranging the workplace environment so that employees can work safely and effectively. Tradewinds Chiropractic will suggest simple and effective office ergonomics, stretches, and exercises, identifying the best chairs, and work area layout etc. that will substantially benefit employees, ensuring their safety and comfort.

- **Chiropractic Benefit Within the Workplace.**

Studies show that people who utilize a chiropractor as their primary care physician experience 60% fewer hospital admissions, 59% fewer days in the hospital, 62% fewer outpatient surgeries, and an 85% reduction in pharmaceutical costs. All of which greatly lowers an employer's healthcare costs. Tradewinds Chiropractic will fully explain chiropractic care and its benefits to your employees.

The Benefits of Partnering with Tradewinds Chiropractic

Providing a healthy work environment, yields multiple benefits.

- *Decreased absenteeism:* Employee fitness and a healthy work environment reduces missed work days by 18%-32%, according to RAND research.
- *Health insurance savings:* While it shouldn't be an employer's primary reason to utilize a workplace wellness program, most companies see a decrease in health costs and payouts for their employees.
- *Promote employee satisfaction:* Employee reviews and surveys consistently show that wellness programs increase satisfaction in the workplace. This leads to better teamwork, communication, and fosters greater job effectiveness.
- *Increased job retention:* Recruiting and training new employees is time consuming and expensive. Retaining skilled employees is financially beneficial to an employer. A healthy work environment with a comprehensive wellness program encourages employee loyalty.
- *Improve productivity:* Sponsoring employee health programs directly correlates with increased productivity. Workers are more effective if they are healthy and enjoy a safe supportive work environment.

Contact Tradewinds Chiropractic and Wellness to improve your workplace wellness today!

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