

# Corporate Wellness Program



**COMPREHENSIVE**  
PAIN & WELLNESS

**IN-OFFICE MASSAGE AND WELLNESS**





# COMPREHENSIVE

## PAIN & WELLNESS

## Why you need a wellness program

Would you like to see an increase in productivity, employee job satisfaction? A decrease in absenteeism? Are your employees under a lot of stress? In-office massage programs can make all the difference. Massage therapy is a proven way to decrease stress while increasing our feelings of well-being and ability to focus. Comprehensive Pain & Wellness has an onsite corporate wellness program that will increase morale, building a healthier, happier and more productive workforce.

## What you need

We need a private space, large enough for chair massage therapists and their equipment, a board or meeting room is usually perfect. Just as long as it is quiet and relatively private so everyone gets maximum results. We arrive with everything we need, all the employees need is to leave their desks for 15-20 minutes while they receive their massage.

## Cost

There are three payment options for our corporate massage programs.

1. Your company pays for the massage (100% tax deductible)
2. You split the cost with your employees
3. The employees pay for it themselves-usually taking advantage of their HSA or FSA accounts.

Our cost is \$100/hour. If we do 15 minute appointments, it is just \$25 per employee.



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## Benefits

- Show staff you care
- Relieve stress and tension
- Increase productivity
- Improve company morale
- Lower health care costs
- Reduce absenteeism
- Decreased blood pressure
- Increased postural awareness
- Prevention of repetitive strain injuries
- Increases endorphins



If your company would like to increase employee productivity and boost morale, give our office a call at #815-942-8399 or email us at [info@comprehensivepainwellness.com](mailto:info@comprehensivepainwellness.com) to customize a plan just for you!