

DesigningWellness4U.com
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What Designing Wellness Will Do 4 U

- **Reduce Absenteeism:** Minor ailments that could be avoided by behavior modification account for one half of all unscheduled absences. A study of over 700,000 cases showed that overexertion or repetitive strain injuries caused 32% of missed work days.
- **Reduce Presenteeism:** When sick or injured employees come to work, productivity drops 72%, compared to 28% when they stay home. In addition, time lost discussing symptoms and treatments affect not only their productivity, but those around them.
- **Decrease Health Care Costs:** Preventable illness and injury account for approximately 70% of employee health care costs. Reducing overall health care expenditures can decrease insurance premiums by up to 30%. On average, premiums have doubled in the last decade!
- **Decrease Workers Compensation Claims:** Up to half of claims involve strains and sprains, which are tied to poor fitness and lack of proper early intervention. Wellness education can decrease these types of claims by more than 40%.
- **Promote Self Responsibility:** Teach employees how their daily choices can improve their health and decrease risk factors regardless of their job duties. There are many misconceptions regarding the causes of pain and injury.
- **Increase Work Place Morale & Productivity:** In a 2011 study of workers participating in wellness education, 43% said they felt motivated to work harder and perform better; 28% said they missed fewer days and 38% experienced improved energy and productivity.

Meet the Founder

Raina Trevenna,
OTR/L, CHT, CPEP, CWCE



Occupational Therapist
Certified Hand Therapist
Certified Posture Exercise Professional
Certified Work Capacity Evaluator

"Fifteen years of educating and treating injured patients has convinced me that prevention and early intervention is a necessity. Health insurance premiums are rising and health care costs are inflated. The economy demands you have a healthy workforce to succeed. My desire to provide solutions motivated me to create Designing Wellness. I truly believe the services we provide can and will make an incredible difference. Knowledge today can mean a better, healthier, more productive tomorrow! And with Designing Wellness, a little goes a long way!"

Testimonials.....

"As ophthalmologists, we are at high risk for disabling neck and back problems. Thanks to our seminar from Designing Wellness, we can now take preventive measures to avoid harmful postures and habits."

~ Chief Resident of USF Ophthalmology

"Many attendees said the workshop on stretching and strengthening for improved body balance was the most helpful and enjoyable part of their day."

~ Speaking of Women's Health Event Coordinator



DESIGNING WELLNESS

Educate

Empower

Excel

Make the Health of Your Workforce a Priority
...You Can't Afford Not To!

Show you care!

Designing Wellness is:

Comprehensive

Affordable

Receptive &

Exceptional



The mission of Designing Wellness is to **educate** on the benefits of intelligent life habits and make valuable health education readily available. We provide the necessary tools to **empower** individuals to reconnect with their bodies and become active participants in their wellness. Those interested in boosting the well-being of their workplace through healthier and happier employees will **excel** by inviting Designing Wellness to lead the way!

Specializing In Musculoskeletal Disorders, such as Carpal Tunnel, Tendonitis, Sciatica, Back and Neck Pain

Seminars

The Body & Pain Prevention:

- Understand how daily habits, posture and the aging process all impact the body's health.
- Learn practical skills to decrease the risk factors of potential pain and injury.

Injuries & Early Treatment:

- Understand how to recognize symptoms of common nerve, tendon and joint problems.
- Learn early intervention methods that can speed recovery and prevent doctor visits.

Ergonomics Demystified:

- Understand factors that can improve the fit between worker and job duties.
- Learn how to decrease discomfort with simple adjustments to a work environment without fancy or expensive equipment.

and more!

Designing Wellness can provide specialized professionals to educate on many health topics such as nutrition, weight, fitness, sleep, stress, diabetes, and heart health.



Designed By A Therapist Who Has Treated Preventable Pain for Over 15 Years

Workshops

Stretching & Strengthening For Wellness:

- Learn simple exercises to counteract imbalances caused by common work positions and poor daily habits.
- Undue years of unhealthy movement!

Posture Assessments & Training:

- Digital software and grid pictures are used to assess symmetry, alignment and progress.
- Become your own posture coach with conscious practice of specialized exercises.

Ergonomic Assessments & Training:

- Work environment assessment and effective recommendations.
- Understand healthy habits for a specific job that involves repetitive work, uncomfortable postures or frequent lifting.

No long-term contract required! Designing Wellness is able to provide a single service, work with current wellness coordinators or help start a brand new program!