



Keeping a Competitive Edge by Ensuring your Employees are Healthy and Satisfied

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When employees aren't healthy businesses experience lower productivity and high absenteeism or turn-over. The combined symptoms of stress are costing U.S. businesses an average of \$200 billion a year in reduced productivity and increased health and medical expenses.

Workplace Stress Statistics

- Up to 90% of all visits to primary care physicians are for stress-related complaints.
- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year.
- Over 50% of lost work days are stress related which keeps about 1 million people per day from attending work.
- Health care expenditures are nearly 50% greater for workers who report high levels of stress.
- 40% of job turnover is due to stress.

One of the contributing factors to reoccurring absenteeism and high employee turn-over is the common complaint of stress-related symptoms such as headaches, back and neck pain, repetitive-use injuries, poor concentration, anxiety, burnout, and exhaustion.

Studies from the National Council on Compensation Insurance and the American Institute of Stress report that work-related stress, pain associated with sitting and repetitive motions, and muscle tension are the three most common health-related symptoms mentioned in office environments. When employees were interviewed about loss of productivity, injury and job dissatisfaction those three symptoms of stress were in the top ten reasons why an employee left a position or business.

An Affordable Solution

The University of California, Davis Medical Center studied 28,000 employees in 215 different industries. The study reported that work-related stress contributed to burnout, poor performance, and acute and chronic health problems.

In the UC Davis study the chair-seated massage was introduced as one solution. Results found that employees massaged regularly, approximately once a week, were more alert, performed better and were less stressed than those who weren't massaged.

A survey conducted by the UN National Labor Organization with over 2,000 organizations also found that a 15-minute chair-seated massage resulted in 35% decreased job stress, 40% increased alertness and 50% improved performance.

Resources

International Journal of Neuroscience
Occupational Health and Safety News
American Institute of Stress

National Council on Compensation Insurance (U.S.A.)
Journal of Occupational and Environmental Medicine



What is chair-seated massage?

According to the Workplace Wellness Massage website, chair-seated massage is defined as a "type of massage that is performed while the client sits fully clothed in a special chair. This unique massage chair is ergonomically designed and offers full support of the head (face forward), arms, torso and legs. Chair massage is performed by certified and insured practitioners who use a combination of deep tissue and Swedish massage techniques, usually on the muscle groups in the neck, shoulders, back, arms and hands."

Documented Observations

Since workplace massage was introduced to businesses in the late 1980's, the following observations were documented in professional publications within the first decade:

- By including 15 minutes of free massage therapy once each week, the Calvert Group, an investment firm in Bethesda, MD, reduced its turnover rate to 5% in an industry where the norm is 20 percent. *HR Focus, September, 1997: 1-3*
- At Boeing and Reebok headaches, back strain, and fatigue have all fallen since the companies started bringing in massage therapists. Doctors are prescribing massage to help patients manage stress and pain. *"The Magic of Touch", Newsweek, April 6, 1998*
- On-site massage is cheaper than vacation and childcare. On-site massage reduces work-related stress, improves alertness, performance and productivity, and even keeps people feeling well enough to stay at work when they would rather go home. *Crain's Chicago Business, February, 1999*

The Dreamclinic is your perfect solution

The award-winning Dreamclinic has been offering quality and effective workplace massage to Puget Sound businesses for over eight years. Our comprehensive Workplace Massage program provides certified therapists who demonstrate excellent massage techniques, strong client communication skills and a professional demeanor. Dreamclinic supplies the specially designed massage chairs, staff, scheduling tools, sanitizing supplies, music and other supplies needed for a successful recurring or one-time engagement.

The Dreamclinic workplace massage sessions range from ten- to sixty-minutes. These massage services can be employee-paid, company-paid or a combination of the two.

We will help you set up a program that is just right for your company size and employee needs. And we'll find you the perfect massage therapist who fits well into your company's culture. We also help track results through on-going surveys so you know that this wellness perk is beneficial for both your employees and your business.

For more details about the Dreamclinic Workplace Massage Program please visit our website, <http://www.dreamclinic.com/workplace-massage>

Or call us at 206-650-7884 or email workplacesales@dreamclinic.com and we'll assist you in choosing the service options that best meet your requirements.