

PROMOTE  
WELLNESS AND  
IMPROVE YOUR  
BOTTOM LINE

**Massage**  
**AtWork** 

Massage At Work's  
custom-tailored chair  
massage programs  
enhance employee  
productivity and reduce  
healthcare costs.



**Massage At Work's wellness-promoting services enhance your employees' health and work life while boosting profitability.**

### **WHY MASSAGE AT WORK?**

For more than ten years, we have been in the vanguard of the wellness movement, providing on-site clothed workplace chair massage services to businesses throughout the country.

Many companies, large and small, consider us the premier corporate massage provider and look to us for a convenient proven solution to rising healthcare costs related to stress and chronic illnesses.

We employ only licensed, insured and professional massage therapists for your employees' safety and your peace of mind. Typical chair massages last 10-30 minutes and all of our programs are designed to meet your needs across a range of events, activities and promotions.

You choose from programs that help with:

- Awards and motivation
- Corporate special events
- Conferences and expos
- Staff appreciation days
- Health fairs
- Wellness benefits

Our custom-tailored programs offer flexibility:

- Employer pay
- Employee pay
- Combined employee/employer pay

## **JOB STRESS CONSTRAINS THE BOTTOM LINE.**

Stress costs businesses \$300 billion annually, absents a million workers a day and routinely causes 62% neck pain.<sup>1</sup>

## **MASSAGE RELIEVES STRESS, ENHANCES PRODUCTIVITY AND IMPROVES HEALTH.**

### **IT'S A FACT!**

In 1996, a pivotal study from the University of Miami School of Medicine showed that 15 minutes of massage twice a week for five weeks enhanced alertness; increased speed and accuracy on math computations; produced a relaxed state, and lowered anxiety, job-related stress and levels of the stress hormone, cortisol, which suppresses immunity and leaves employees susceptible to chronic conditions such as heart disease, diabetes, high blood pressure, asthma and arthritis.<sup>2</sup> These, along with other stress-related illnesses, lead to increased absenteeism, turnover, workers compensation claims and healthcare costs.





## **EMPLOYEE WELLNESS IMPROVES THE BOTTOM LINE.**

Research indicates that workplace wellness works in real terms – of return on investment and improvements to the bottom line.

Since the passage of the Affordable Care Act and its focus on promoting wellness, many companies consider chair massage a best practice for their wellness programs.

---

“A growing body of research indicates that these programs can change employees’ behavior, improve their biometric risk profile and work productivity, reduce use of and spending for health care services, and achieve a positive return on investment.”<sup>3</sup>

---

“Over 50% of corporate profits now go for health care costs versus only 7% three decades ago.”<sup>4</sup>

---

1. The American Institute of Stress; Integra.
2. Massage Therapy Reduces Anxiety and Enhances EEG Pattern of Alertness and Math Computations. Touch Research Institute, University of Miami.
3. National Institute for Health Care Management; Agency for Healthcare Research and Quality.
4. Characteristics of Successful Wellness Programs. Don R. Powell, Ph.D., President of the American Institute for Preventive Medicine.
5. Wellness Strategies to Improve Employee Health, Performance and the Bottom Line. David Chenoweth, Ph.D., FAWHP. Society for Human Resource Management Foundation and Humana.

# Massage AtWork



**“An organization’s health and prosperity is directly influenced by the health and well-being of its employees.”<sup>5</sup>**

---



Over the past ten years, Massage At Work’s professionalism has earned the loyalty of some of the nation’s most prestigious and forward-thinking companies for clothed in-office chair massage that decreases stress, reduces fatigue, strengthens focus, improves morale, increases productivity, and reduces healthcare costs.

## **Massage At Work LLC**

6 Horizon Road, Suite 2606  
Fort Lee, NJ 07024

Phone: 877-886-0555

Office: 201-886-9680

Fax: 201-886-1017

Email: [info@MassageAtWorkUSA.com](mailto:info@MassageAtWorkUSA.com)

[www.MassageAtWorkUSA.com](http://www.MassageAtWorkUSA.com)

