

Health & Wellness PROGRAMS

thrive
WELLNESS

ABOUT

Doctor Dalyn Rhoades

- Doctorate in Occupational Therapy from Creighton University
- Certified Active Release Technique (ART) Provider and Instructor
- Certified In: FMT Blades, FMT Taping, FMT Cupping
- Selective Functional Movement Assessment (SFMA)
- Athletic Taping and Bracing Training



WHAT WE DO...

- Stretching programs
 - Posters for proper stretches fitting the specific jobs.
- Analyze jobs
- Driver safety
- Vendors
 - Talking and organizing vendors to come onsite as needed.
- Ergonomic assessments
- Kinetica Labs analysis

THE WHY...

- Increase morale.
- Identify potential problem areas BEFORE they cause a problem.
- Employees feel like they have a voice and are cared about.
- To save money from unnecessary doctor visits.
- Decrease workers compensation claims.
- Resolve injuries and overuse strains and sprains in house.
- Improve employee health and wellness.

HOW WE WILL HELP...



- On site treatment sessions to minimize missed work and maximize employee comfort.
- Implement stretching procedures.
- Create monthly initiative programs related to workplace and overall health and wellness.
- Communicate strategies to reduce workplace injury and fatigue.



Poor Employee Health Leads To:	Employers Can Improve Employee Health By:	Health Improvements Result In:
<p>Lost Employee Time</p> <p>45 million avoidable sick days every year, which is the equivalent of the working population of Salt Lake City calling in sick every day for a full year.</p> <p>Lost Revenue</p> <p>\$1,900 to \$2,250 in lost revenue per employee every year.</p> <p>Strain from Chronic Conditions</p> <p>3/4 of the money spent by private insurance goes to treat people with chronic illness.</p>	<p>Sponsoring Wellness Programs</p> <p>Promoting Quality Reports on Doctors & Hospitals</p> <p>Implementing Value-Based Benefit Design</p> <p>Joining a Business Health Alliance</p>	<p>Employers Save Money</p> <ul style="list-style-type: none"> • Fewer lost work days • Slower premium growth • Change how they pay for care <p>Employees Are Healthier</p> <ul style="list-style-type: none"> • Right care at the right time • Participate in wellness programs • Better partners with health care team <p>Employees Save Money</p> <ul style="list-style-type: none"> • Reduced co-pays/premiums • Avoid unnecessary care <p>Health Care Providers Respond</p> <ul style="list-style-type: none"> • Motivates doctors and hospitals to provide high-value care

Source: Robert Wood Johnson Foundation

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W E L L N E S S

- On Site Wellness Programs
- Stretching Programs
- Driver Safety
- Ergonomic Assessments
- On Site Treatments
- Job Safety Analysis (JSA)
- Job Descriptions
- Off-site Wellness Program
(newsletters, etc...)

For a Free Consultation contact:

Dalyn Rhoades

402-953-7436

dalyn@thrivewellnesshealth.com