



How the wellness plan started:

Our wellness plan started as a brainstorm. A good friend, and C.E.O. of a data company in Boca Raton confronted me with growing concerns about productivity. He asked me if there was a good way to keep his employees healthy and energized, so that they would be more productive.

One month later, myself, accompanied by two massage therapists went to this company and set up a satellite office during the office lunch time. The results were overwhelming. We managed to massage and adjust approximately 20 employees in about an hour and a half (during normal lunch hours). The C.E.O said that the atmosphere in the building after we left was unbelievably upbeat. Thus, our wellness plan was born.

Why wellness?

Our corporate wellness plan focuses on the health of your employees because healthy employees cost less and are more productive than unhealthy ones. As work demands mount, more employees suffer from burnout and may miss work because they need a "mental health" day. Absences may be for mental rather than physical reasons. According to the 15th annual CCH Unscheduled Absence Survey, the average per-employee cost of absenteeism is \$660 per year — costing some large employers more than \$1 million annually.

Studies published in major medical journals reveal that individuals who use "alternative and complementary" health modalities (including chiropractic, acupuncture, yoga and massage) are generally healthier, better educated, take fewer medications and miss fewer days from work than the average American. Since these individuals look for ways to stay healthy without drugs and surgery, they end up being a net benefit in terms of attendance and productivity.



Benefit to Employers

- Reinforces the fact that the employer cares about his employees and families
- Improved employee performance
- Less days off work due to injuries and illness = increase in profit for the company
- Promotes a positive culture
- Great benefit to offer prospective employees
- No cost to the employer, covered by existing health plan in most situations
- Ergonomic specialists cost tens of thousands of dollars – Ergonomic evaluations are included for all of my patients at no additional costs!
- Emphasis on proper nutrition
- Flexible office hours so that employees do not use company time for visits
- A clean modern office with a very helpful and friendly staff

Benefit to Employees

- Improved health
- Reduced stress and tension
- Improved posture
- Concierge type service for health conditions with real access to the doctor and other specialists
- Plan extends to dependents
- Chiropractic Care. We provide quality hands-on care for most musculoskeletal issues, including back and neck pain, headaches, and repetitive strain injuries
- Exercise and home care recommendations
- Emphasis on proper nutrition
- Flexible office hours so that employees do not use company time for visits
- A clean modern office with a very helpful and friendly staff
- Physical therapist and massage therapists on location

A Healthy Employee is an Asset to Your Company

Dr. Matthew C. Supran, P.A., Chiropractic Physician

2275 S. Federal Highway, Suite 280 • Delray Beach, FL 33483 • 561.278.2200 • Fax: 561.278.0234