



INITITIVES

EMPLOYEE WELLBEING

Corporate Health and Wellness
Programs

Prepared by

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Chiropractor, Author, Speaker

DRGARYTHO.COM



How can we help people to perform better in their life, so that they bring their best self to work?

Dr Gary Tho

OUR GOAL

To allow individuals to be the best that they can be whether it's in board room, bedroom or out on the field. To show how being well, pain-free and feeling 10 to 15 years younger is possible. To teach Achievable Actions that make living well, being happy and achieving success a natural part of life.

OUR APPROACH

We allow participants to Acknowledge what works for them, and what doesn't through self assessments and discussions, so that they can better Activate the right methods to impact healing, stabilising and strengthening which will enable them to Achieve and retain a better quality of life and of course, improved well being.

INJURIES COST THAT MUCH?

“Ergonomics problems cost Singapore \$3.5 billion a year” – Singapore Workplace Safety and Health Council.



The US Department of Labour lists out the impact of Work-related musculoskeletal disorders (WMSD) on an organization's bottom-line.

- Carpal Tunnel Syndrome: \$30,000 (direct) + \$34,000 (indirect)
- Sprains: \$30,000 (direct) + \$34,000 (indirect)
- Strains (eg low back pain): \$32,000 (direct) + \$36,000 (indirect)
- Inflammation: \$39,000 (direct) + \$42,000 (indirect)

EMPLOYEE HEALTH:

It's been said that back pain is second only to the common cold as a cause of work loss. (University of Missouri study) However, Presenteeism is worse than absenteeism. Presenteeism is when employees attend work, but due to pain and discomfort, are unable to be 100% productive nor have 100% focus.

This occurs frequently as up to 70% of employees have neck and shoulder pain, and 50% have back pain. Presenteeism creates massive immeasurable costs to the company due to underperformance.

“

*Employee
wellbeing.
Our leverage, or
our losses.*

”

WHAT'S IN IT FOR ORGANISATIONS?

Reduce your **Absenteeism** rates which translates to reduced financial and productivity costs.

Reduce your **Presenteeism** rates (where employees are at work, but not feeling well, sick, headache, back pain) and therefore reduce loss of productivity and effectiveness.

ADDED VALUE

Expand your wellness programs beyond blood tests, stress management, yoga & Zumba.

EMPOWERMENT

Tests give numbers. Classes are fun. Actionable strategies create transformations. If health and happiness flourish, the person operates on a whole new level.

INSPIRED PEOPLE

Culture starts from the Top. Culture breeds from the bottom. Vibrant healthy and motivated employees determine a companies culture and it's annual profits.

ENGAGEMENT

Instead of guessing what people want, give them what they need. Mental & physical health dictate thoughts, emotions and actions.

EMPLOYEES THAT WOULD BENEFIT FROM THIS

- Those who want to proactively take care of and maintain their health and wellbeing, and prevent future health concerns
- Those who want to stay young, mobile and independent
- Those who want to feel great, have more energy and enjoy a better quality life.
- Those who want to start adopting a healthy lifestyle, but don't know where to start or what exercise is good for them



- Those who currently suffer from symptoms including headaches, neck and shoulder aches, back pain, arthritis, degeneration, slipped disc and other muscle and joint pains
- Those whose injuries or pain keep recurring or never fully recover (even if they are exercising)

INDIVIDUAL ERGONOMIC WORKSTATION ASSESSMENT

"Very happy to have learnt how to improve my posture at my desk and how to manage the office supplies around me, to work for me rather than I working for them."

N. Senior Manager Asia, Legal Services Industry

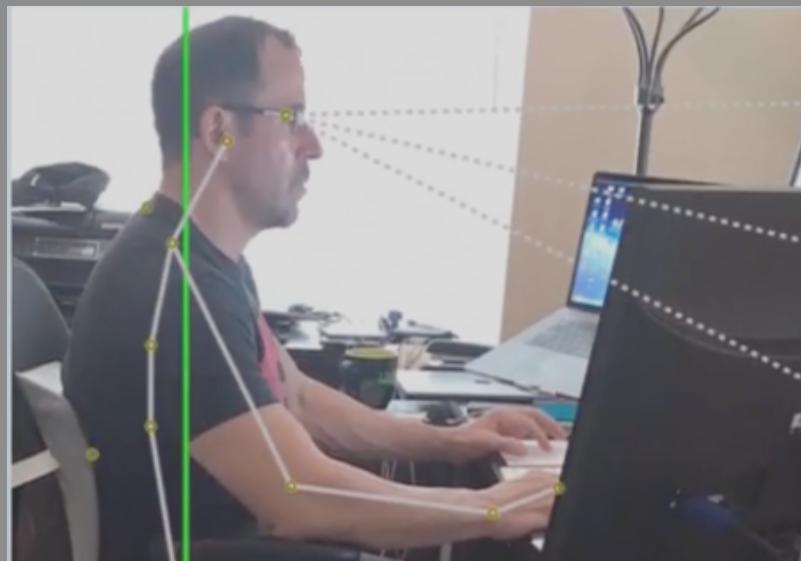
Physical and digital seated (or standing) Posture and Ergonomic analysis (eg posture, positioning and placement of desk, chair, keyboard etc based on individual's body anthropometric measurements.)

Design optimal flow of interactions between the person and their devices & technology.

(eg computer, mouse, keyboard, monitor, telephone, lighting, documents, drawers, storage)

Identify and correct ergonomic issues that may contribute to physical symptoms that results in negative productivity and efficacy output.

Highly personalised and highly customised report that sifts, sorts and separates the data and provides necessary recommendations.



#2 WORKSHOPS

Lunch & Learn, Half-day, Full-day & Multi-day programs

"The volunteers said they felt better, so I'm going to be practicing these myself."

**Ruvi Ann Co. Vice President
Banking & Finance industry**

What if you could sleep well & wake up feeling refreshed?

What would life be like without that headache, back pain or knee problem?

What if you had more energy and feel 10 - 15 years younger?



These workshops are not just Health Talks. They are hands-on, experiential programs that allows participants to Acknowledge their level of health in multiple dimensions and map out where you wish to be,

Activate their own inbuilt ability to thrive, feel young and energetic by improving critical ecosystems in your life.

This allows you to Achieve a state of physical, mental and emotional health that is both enjoyable and sustainable. In other words, you become your best self.

ABOUT: DR GARY THO

A Chiropractic Doctor from Australia with a thriving pain relief and peak performance clinic in Singapore, Dr Gary Tho is passionate about transforming people's lives through exceptional health care and education.



Dr Gary has been found live on radio (938live) and TV (Channel 7 breakfast show, Malaysia) and featured in Straits Times, Insight Success, Mind your body, Her World, August Man and Simply Her magazines.

"Follow Dr Gary's recipe and your physical life will change drastically. It will, guaranteed, reduce pain and have an impact on your health. It's life changing."

Jean-Luc Butel, Global healthcare Advisor

Dr Gary's book, *The Pain-Free Desk Warrior, Free Yourself From Aches and Pains*, brings his understanding of the human body and "ecosystem of pain" to provide the most comprehensive and interactive guide book available, taking you through the cause of pain, and providing crystal clear tools to overcome it.

Dr Gary has conducted health programs, workshops and assessments for corporations like ESPN, IBM, P&G, JP Morgan, Barclays, and NUH Department of Surgery.

SEND US YOUR QUESTIONS!



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Thank you for having considered us as your Employee Wellbeing providers. I hope to be able to work closely with you to deliver the results that you desire. To schedule an assessment, or workshop kindly connect with me.

Dr Gary Tho

Chiropractic Doctor, Author, Speaker, Pillow Designer

Dr gary tho

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