WholePerson THERAPEUTICS

EMPLOYER PROGRAM OVERVIEW

Workplace Wellness & Injury Prevention

A Practical Health Benefit for Your Employees



Help employees move safely, manage physical strain, and build healthier habits at work and beyond.

For small businesses, employers and community organizations.

RESTORE • RELIEVE • REVIVE

101 Elizabeth Street | Derby, CT 06418

(203) 636-0065 | Barbara Belicia, MOT, OTR/L

A Healthier Team Starts at Work

Practical wellness support tailored to everyday job demands.

- **Prevent Physical Strain**

  Teach safer lifting, bending, positioning and repetitive-task techniques.

- **Support Employee Well-Being**

  Encourage healthy movement, self-management and recovery habits.

- **Build a Culture of Prevention**

  Help employees recognize early warning signs of discomfort.

- **Provide a Meaningful Benefit**

  Offer a local wellness resource that complements existing employee benefits.

Who We Serve

- Small businesses and skilled trades
- Manufacturing, hospitality and retail
- Healthcare, caregiving and office teams
- Municipal and community organizations

Why WholePerson Therapeutics?

Licensed occupational therapy expertise combined with practical, whole-person wellness education and personalized attention for local employers.

Educational programs complement employer safety and occupational health obligations.

What the Program Includes

Select services according to your workforce and membership level.

01

Individual Wellness Consultations

Discuss wellness goals, job demands and self-care strategies.

02

Employee Wellness Visits

Educational visits focused on movement, recovery and daily routines.

03

Injury Prevention Education

Safer body mechanics, repetitive strain and activity modification.

04

Workplace Ergonomic Awareness

General recommendations for workstation and task positioning.

05

Quarterly Lunch & Learn Sessions

Group education on wellness and injury prevention topics.

06

Whole-Person Wellness Education

Lifestyle education covering movement, stress, sleep and resilience.

Individualized clinical rehabilitation is available separately when appropriate.

Employer Membership Options

Defined annual benefits for businesses of different sizes.

ESSENTIAL

5–10 employees

- Annual wellness plan consultation per employee
- One 30-minute wellness visit per employee/year
- One onsite Lunch & Learn per quarter

PLUS

11–25 employees

- All Essential employee wellness benefits
- Quarterly onsite Lunch & Learn sessions
- Annual general workplace ergonomic review

PREMIUM

26–50 employees

- All core employee wellness benefits
- Quarterly onsite Lunch & Learn sessions
- Annual general ergonomic review
- Priority scheduling for additional services

ADD ONS

WP Club: Clinical Rehabilitation

Pricing & Program Customization

Pricing is provided after a business consultation. Final service limits, scheduling, location and eligibility are set out in the employer agreement.

WP Club: Clinical Rehabilitation

Individualized care beyond the employer wellness program.

A separate pathway to occupational therapy and rehabilitation

for employees with pain, injury, or limitations in everyday function.

Pain Therapy & Management

Assessment-guided care for neck, back, shoulder, knee and joint pain.

Injury & Post-Surgical Recovery

Functional rehabilitation after injuries, procedures or prolonged inactivity.

Therapeutic Exercise & Strengthening

Progressive exercises to improve strength, endurance and activity tolerance.

Neuromuscular Re-Education

Movement control, coordination, posture, balance and functional mobility.

Manual Therapy & Scar Management

Hands-on techniques for tissue restrictions, stiffness and mobility.

Therapeutic Modalities

When indicated: ultrasound, diathermy, TENS and electrical stimulation.

Ergonomics & Return-to-Function

Activity modification, body mechanics and work-task performance training.

Clinical care is available as part of the employer wellness membership as an add-on service.

Evaluation, medical necessity, payer rules and applicable clinical policies apply.

Education, Access & Next Steps

Popular Lunch & Learn Topics

- Safe lifting, bending and repetitive strain prevention
- Workplace ergonomics and healthy movement
- Managing pain, stiffness and physical fatigue
- Stress, sleep and recovery habits
- Balance, healthy aging and injury awareness

How Employees Access WP Club Clinical Care

Employees contact WholePerson Therapeutics for a clinical inquiry.

An evaluation determines appropriate treatment and functional goals.

Payment may be private pay or eligible insurance when in-network.

Medicaid/HUSKY plans are not accepted. No clinical outcomes are guaranteed.

Getting Started Is Simple

1. Connect

Discuss needs

2. Customize

Select services

3. Implement

Schedule visits

4. Review

Evaluate feedback

Invest in Your Team’s Health & Performance

Request a Business Wellness Consultation

CALL (203) 636-0065

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