

# CORPORATE WELLNESS





**“If work was a good thing the rich would have found a way of keeping it for themselves.”**

Haitian Proverb

#### **SYMPTOMS AND COST OF WORKPLACE ILLNESS**

- Lost time
  - Sickness absence
  - GP / healthcare appointments
- Stress / illness
  - Under performance
  - Decreased productivity
  - Lack of engagement
- Poor interpersonal relationships
  - Poor communication
- Poor staff retention
- Difficulties recruiting

#### **ADDRESS YOUR SICKNESS ISSUES AND CREATE A CULTURE OF WELLNESS**

- Decreased sickness absence
- Less time off to attend appointments
- Increased productivity
- Better performance
- Improved engagement
- Better staff relationships
- More effective communication

### **PERFECT BALANCE PHILOSOPHY**

#### **Working towards a healthier population ...**

To work in partnership with businesses to ensure that their “populations” – their workforce, are healthy and happy therefore more productive, more engaged and ultimately cost less to retain. We want to support workplaces so they are able to nurture the best performance possible from the people that they employ.

## TOGETHER WE WILL ACHIEVE THIS

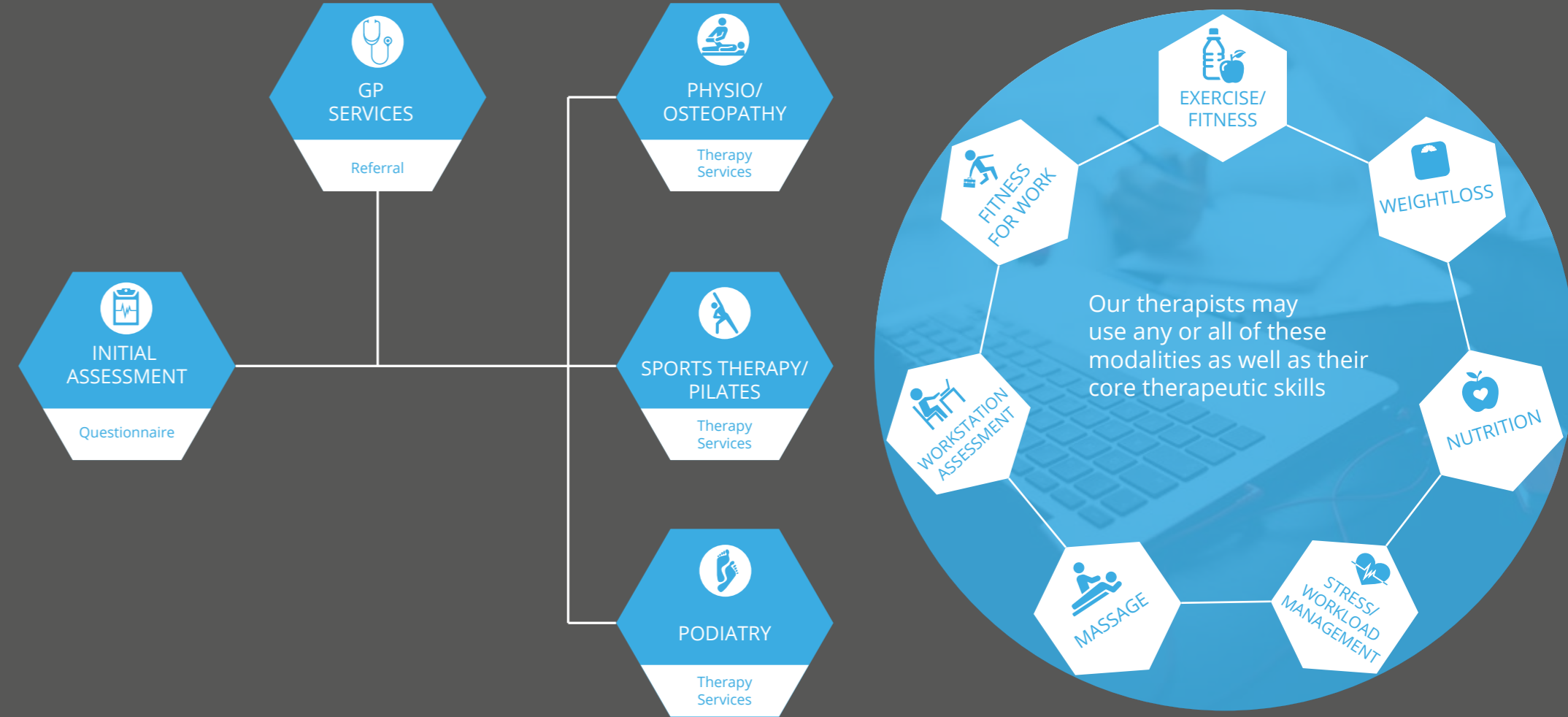
We will begin by meeting and interviewing key stakeholders in your organisation to build a picture of your culture and company norms, and values, as well as developing an understanding of your workforce and its physical, psychological and organisational risks. With this information we will develop a strategy that will address those risks, and an implementation plan that will minimise them.

Our Strategies will be specifically tailored to your needs and risks, and will sit within your company structure to embed wellbeing, and fitness for work into your existing culture.

## IMPLEMENTATION STRATEGY

There are a range of ways to make this work:

- Dedicated on-site therapists
- Preferential access to our clinics
- Health prevention /promotion strategies and initiatives
- Compliance with relevant Health and Safety legislation
- Any combination of the above
- Access to Exercise Pro



### Perfect Balance practitioners are trained in our philosophy.

- **Ease of Referral**

We can provide access to our GP service to ensure that no one has to take time off work to get a referral for insurance purposes or for medical assessment.

- **Thorough Assessment**

Beginning with an online questionnaire we will decide with your employee how to proceed - either individual treatment with an expert practitioner, a workplace assessment or an exercise / health education session.

- **Individual Treatment**

We understand over and above core “hands on” skills to look holistically at each individual. We will therefore be able to treat the problem and it’s root causes in a timely fashion with immediate access to other relevant experts to deal with arising issues. We thus ensure that no treatment time is wasted and time away from work and insurance premiums (where relevant) are minimised.

- **Workplace Assessments**

We will thoroughly assess how your workstation and work practices are affecting the health and wellbeing of your member of staff. Changes and adjustments will be recommended that may or may not lead to other modalities such as exercise and education or individual treatment.

- **Organisational Benefits**

We will be in a unique position to identify patterns and trends from individual assessments and treatment sessions, and will recommend where and if a department / company wide assessment, initiative or education programme would be of benefit.

- **Preventative Measures**

We can work closely with HR to provide targeted and relevant health prevention strategies including such things as posture and back care, diet and nutrition, manual handling and lifting, stress management and work-life balance, fitness and weight loss.

- **Audit and review**

We will use repeatable empirical methods to monitor our input and results so that you can see clearly and quantify the benefits of your Wellness Strategy.

Whether you are following a programme towards rehab and recovery or want to improve your fitness, Exercise Pro is a unique and creative way to interact with your therapist aimed at:

- Individuals
- Groups
- Organisations

Perfect Balance Clinic have designed a unique software programme that allows our therapists to remain in constant contact with clients

- Our corporate clients will have all the benefits that access to this technology brings.
- Our bespoke goal setting and exercise selection methodology will ensure that motivation levels are maximised.
- We will include incentives and competition as needed or wanted.
- Timescale and progression can be more or less driven by you, although we will not let you drop back unsupported.
- Help and feedback are offered routinely between sessions.
- Where appropriate we will monitor your pain levels and experience during and between sessions.
- Constant review and monitoring ensures you are always fully supported on the right track.

“Perfect Balance Clinic provided a solution to what was a long-term unresolved back problem. They brought me back to fitness with expert treatment and have since provided a first rate maintenance regime accommodating sessions around my busy work schedule which has kept me fit and active.

I have recommended them to a number of friends and colleagues .”

**Michael Gallimore, Partner Hogan Lovells International LLP**

“I have been using Perfect Balance Clinic for several years, as have members of my family and other friends. Perfect Balance Clinics treatments go way beyond what one might expect – always thoughtful and taking into account how one lives life and work. Their knowledge of the body has also been helpful in identifying ailments in family members that seasoned medics have missed. I can't recommend them highly enough.”

**Nigel Higgins - CEO Rothschild Group**

“Perfect Balance Clinic has provided exemplary services to us and I would wholly recommend them. Their attention to detail really shows and they really do deliver above and beyond. It would give me great pleasure in recommending their excellent holistic approach to corporate wellness”

**Robin Cave - CEO Czarnikow Group Limited**

“I have used various services at Perfect Balance Clinic for over three years on and off for a variety of issues as I have been training and picking up injuries, as well as rehab work that needed doing. I have found them to be very professional, as you would expect, however the really interesting thing is their flexibility. They are always able to see me at short notice and fit me in and secondly they are very quickly able to identify the issue I have and use a variety of techniques, which doesn't limit them to one course of action. Over many years I have used a variety of therapists and am now confident that whenever I have a problem they are just a phone call away and are able to help quickly.”

**Bradley Silver, Sales Manager, Money Europe**

“There are very few musculoskeletal practitioners who have the knowledge, skills and ability to think deeply about each individual they treat”

**Dr. Ayan Panja - Doctor and Presenter of Health Check on BBC World News**

“All the team have been friendly, helpful, efficient and demonstrate expertise in their treatments. This has given me confidence that my injury will heal with properly with their support. and advice. Would definitely recommend their service.”

**Karen, Human Resources Manager**



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