

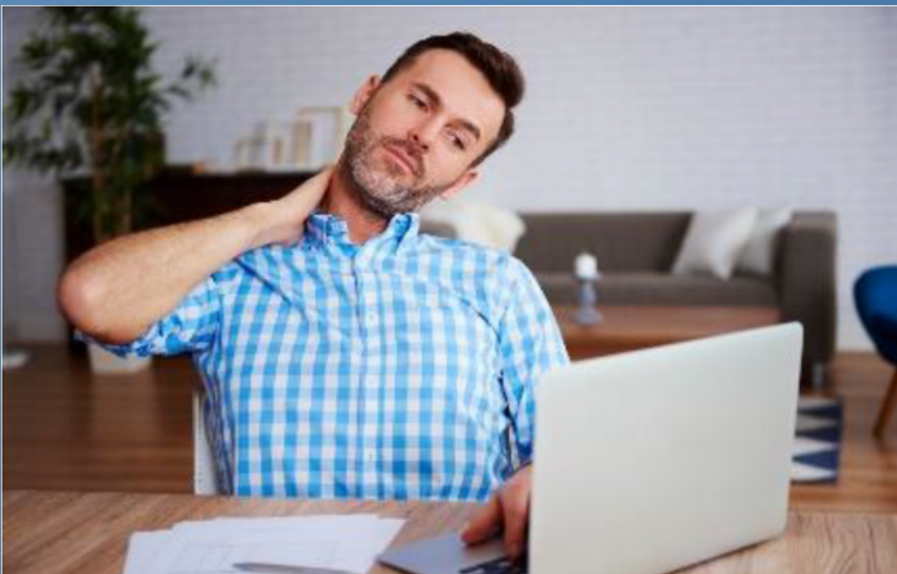
# CORPORATE WELLNESS SERVICES

*Perth Wellness Centre*

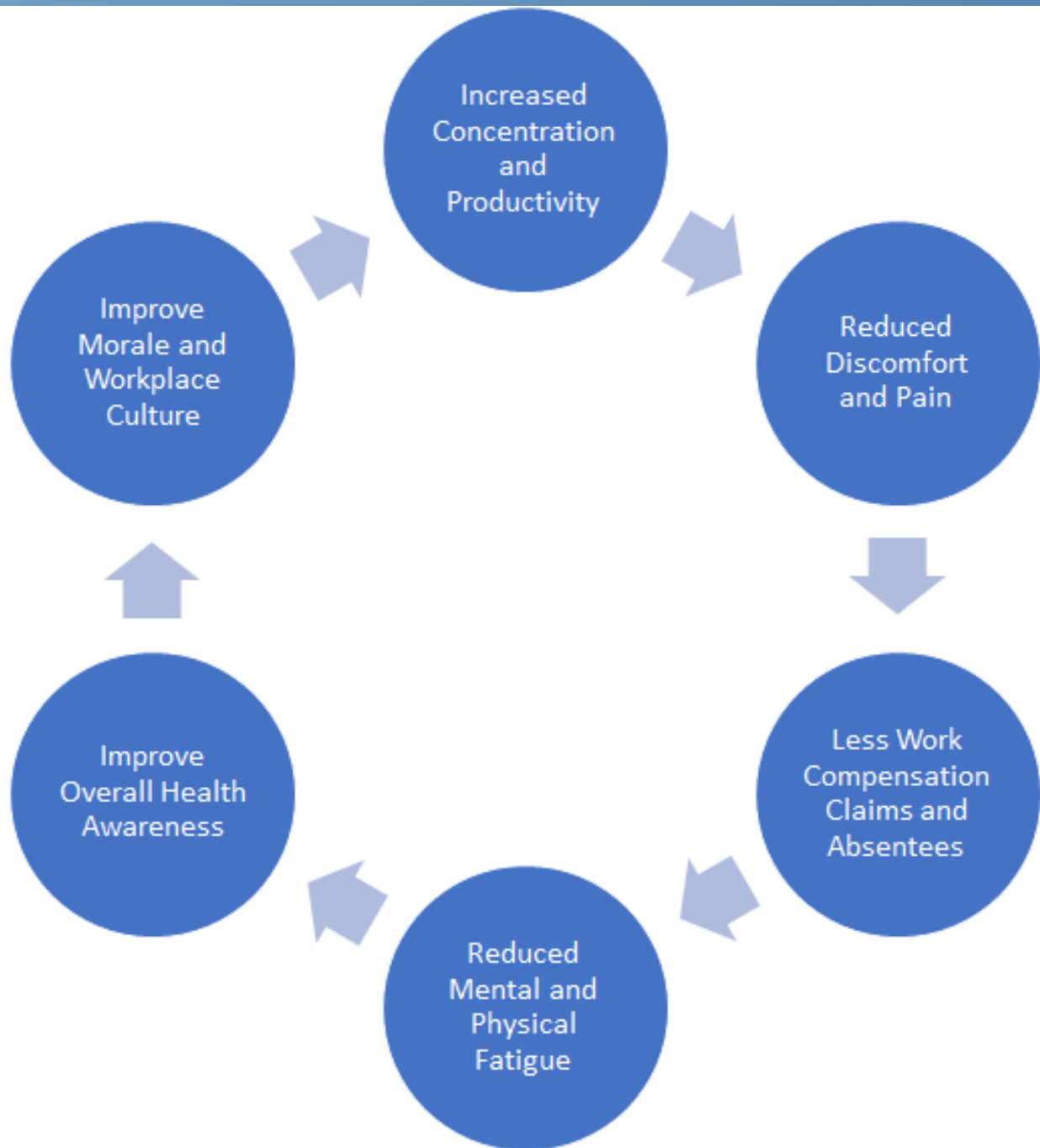


# OFFICE WORK

Prolonged sitting combined with computer work can cause a great deal of musculoskeletal problems such as neck stiffness, shoulder pain and hip pain, resulting in headaches and poor posture. Hands on treatment can assist with this, however by altering workstations and poor habits, we can prevent injuries from occurring and improve work productivity.



# KEY BENEFITS



# SERVICES WE OFFER

Assessment Package	Description	Duration	Fee (Ext GST)
<b>Comprehensive Assessment</b>	<p>The recommended assessment for new clients, suitable for staff experiencing symptoms (e.g., headaches, lower back pain or pins and needles).</p> <p>Provides:</p> <ul style="list-style-type: none"><li>• Thorough assessment with detailed recommendation.</li><li>• Extensive education to ensure staff has a management plan.</li><li>• Detailed equipment recommendations.</li><li>• 4 Page report</li><li>• Individualized stretches/exercises if needed.</li></ul>	~ 30mins	\$175 (1 - 5 staff) \$160 (6 - 20 staff) \$100 (21+ staff)
<b>Returning Assessment</b>	<p>Suitable for staff members who have received an assessment previously and have recently moved to a new desk or received new equipment.</p> <p>Provides:</p> <ul style="list-style-type: none"><li>• Quick workstation adjustment and education.</li><li>• Ergonomic Poster</li><li>• Report</li></ul>	~ 20mins	\$125 (1 - 5 staff) \$100 (6 - 20 staff) \$75 (21+ staff)
<b>Car Ergonomics</b>	<p>Suitable for staff who spend more than an hour in the car for work. (E.g., Driving to sites, client's place).</p> <p>Provides:</p> <ul style="list-style-type: none"><li>• Detailed assessment</li><li>• 2 pages report (if required)</li><li>• Practical stretches and exercises</li><li>• Concise recommendations to improve and/or prevent injuries.</li></ul>	~ 20mins	\$150 (1 - 5 staff) \$125 (6 - 20 staff) \$100 (21+ staff)
<b>Wellness Workshop/Seminar</b>	<p>Interactive presentation tailored to your needs that can include:</p> <ul style="list-style-type: none"><li>• Management and prevention on work-related musculoskeletal injuries,</li><li>• Ergonomic Workstations</li><li>• Strategies on keeping active at work,</li><li>• Self-management techniques</li><li>• Basic ergonomic principles (sitting and standing workstation)</li><li>• Q &amp; A</li></ul>	~ 60mins	From \$299



# SERVICES WE OFFER

Assessment Package	Description	Duration	Fee (Ext GST)
Medical Checks	Medical checks for staff members offering the following options: <ul style="list-style-type: none"><li>• Biometric screen (water/fat/muscle percentage, metabolic rate, visceral fat rating, bone mass)</li><li>• Blood pressure</li><li>• Lifestyle and nutritional analysis</li><li>• Postural analysis</li></ul>	~30mins	\$175 (1 - 5 staff) \$160 (6 - 20 staff) \$100 (21+ staff)
Corporate Massage	Soft Tissue massage for staff members, including assessment and diagnosis of symptoms. Can be scheduled on a regular basis with option of referral to recommended health practitioner.	Pending number of staff - usually around 15mins/staff member	Pending requirements.
Ergonomic Equipment Purchases	Suitable for staff members requiring equipment post an ergonomic assessment. Including: <ul style="list-style-type: none"><li>• Chairs</li><li>• Standing workstations</li><li>• Mice and Keyboard alternatives</li></ul>	As part of the ergonomic assessment.	10% Handling fee on top of total equipment price. Please Note: Chair purchases will require a \$50 call out to the suppliers work station to assess the client in the recommended chair.

Please note there is a \$50 call out fee for assessments not within a 5km radius of our West Perth and Fremantle clinics.

Phone: 9321 1964

Email: [info@perthwellness.com](mailto:info@perthwellness.com)

Online: <https://perthwellness.com.au/services/corporate-health/>