

Our Services

Appraising Your Company's Health:

- Employee Interest Survey
- On-Site Health Care
- Acute, Corrective and Maintenance Health Care
- On-Site Chair Massage
- RSI :Repetitive Stress Injuries
- Lunch 'N' Learn Seminars
- Ergonomic Assessments
- Health Risk Assessments
- Stress Reduction Seminars
- Nutritional Services
- Life Style Management
- Pre-Employment Check-up
- Defensive Driving

Ask about our no charge services

"We are passionate about health and drive success for our clients"

Reduce Health Care Costs
Reduce Health Risk Factors
Reduce Employee Turnover
Reduce Absenteeism
Improve Productivity & Morale
Employee Retention
Reduce Administrative Costs
Increase Sales Performance
Improved Cost/Quality of Care

For Customized Corporate Wellness Programs Contact:

Ramer Chiropractic, Inc.

201 Wilshire Blvd 6399 Wilshire Blvd
Suite A-35 Suite 1005
Santa Monica Los Angeles
CA 90401 CA 90048

www.drRamer.com



Corporate Health and Wellness Programs



make the smart choice

Ramer Chiropractic, Inc.

(310) 255-0411

health solutions that deliver

We Provide Quality Services

Our Workshops are developed by health experts, implement state of the art techniques and utilize proven strategies that target risk factors to improve overall health. Employees and their families stay motivated and reduce their risk of disease by making lifelong small changes in their lifestyle.

Stress Management: 5 Weeks

Weight Reduction: 12 Weeks

Nutrition: 5 Weeks

Cholesterol Management: 4 Weeks

Pre-hypertension: 5 Weeks

Fitness at Work: 4 Weeks

Pre-Diabetes: 4 Weeks

Smoking Cessation: 12 Weeks

Auto Safety-Drive Safely: 4 Weeks

We are fully licensed and insured in the state of California.

- Quality, full service Chiropractic and massage care on your campus.
- Help with insurance forms and convenient payment options.
- All promotional materials such as brochures, flyers, and posters.



Corporate Wellness Makes a Bottom-Line Difference

Currently, health care costs are rising at an alarming rate. Businesses, both large and small, ultimately pay a significant percentage of the medical costs of corporate America. More than half of these costs are attributed to **illnesses that are preventable**. Clearly, there's a need for corporations to help their employees establish a healthy lifestyle.

? Did You Know

PepsiCo invested 2 million dollars in corporate wellness, their ROI: 3 dollars for every 1 dollar spent.

DuPont invested \$1.2 million dollars, and returned \$5 for every 1 dollar spent.

John McCarthy, Executive Director, IHRSA

In the well-documented Steelcase Corporation study, the company saved over 50% in health care

Cutting Edge Solutions to Your Health Care Costs: We Customize to Your Needs

In today's competitive, fast paced business environment, a productive, efficient employee is the greatest asset and often times will be the difference between profit and loss.

We provide a wide variety of services you may choose from to develop your own customized program or you may choose to participate in one of our following predesigned programs:

The Corporate Gold Level Program:
Worker's compensation evaluation: on-site appointments for work injuries.

Yearly health physicals
Initial musculoskeletal health evaluation
Nutritional analysis follow-up, and supplement recommendations.

Quarterly Workshops:

Additional Benefits:

Health screening fairs (blood pressure, digital postural evaluation, body fat testing, etc.)
Ergonomic Workstation Analysis
Employee health survey / analysis

The Corporate Platinum Level Program:

In addition to the above it provides

On-Site Chiropractic Care

- On the Job Injury Analysis
- Recurring Injury Prevention

Research has shown injured employees are back on the job in half the time and at half the cost with on-site care. Back pain, neck pain, headaches, and the resulting doctor appointments are the most common reasons for lost employee productivity and absenteeism.