

ESI Wellness

The BioSynchronistics® Design

Timeline Progression

1.

Early Symptom Intervention (ESI) Wellness-Pilot Program

- 12-week program
- Provide baseline data trends of high risk job tasks
- and breakdown of employee symptoms
- Identify high risk employees and resolve painful symptoms
- Identify acute and chronic symptom trends of company

2.

Early Symptom Intervention (ESI) Wellness Program

- Annual program
- Monitor monthly data trends of high risk job tasks and breakdown of employee symptoms
- Identify Preventative Maintenance (PM) candidates with chronic conditions requiring routine maintenance (24 visits per year)
- Begin On-The-Floor Ergonomic Reviews to identify Opportunities-For-Improvement (OFI)

3.

Supplemental Programs

- On-The Floor Ergonomic Program
 - Assessing specific job tasks with company representative & employee
 - Provide written report
- Industrial Stretching Program
 - Customized stretching guide
- Preventative Maintenance (PM) Lunch & Learn
 - Quarterly/Topical Educational Series
- The Walking Program
 - Pre-Stretch/Warm Up
 - Foot Assessment/Sneaker Clinic
- Nutrition, Hydration & Diaphragmatic Breathing