

# WELLNESS PROGRAM BENEFIT SUMMARY

Supplying Your Workforce with Orthotics and Compression Socks is **PROVEN** to **Protect, Prevent, Relieve and Provide Recovery** to Increase Overall Productivity.

## BODY-ALIGNING ORTHOSES

### 1. CRADLE THE FOOT

#### *Relieve Plantar Fasciitis Pain*

A proper contoured surface will decrease stress on and inflammation of the plantar fascia ligament that runs from toe to heel.

### 2. LIFT THE ARCH

#### *Prevent Knee, Hip & Back Pain and MSDs*

Overpronation, or ankles rolling inward, results in the arch being out of natural position which affects everything that connects up from it. The tibia will twist to cause the knee to rotate inward and the pelvis to tilt forward. Supporting the arch prevents misalignment and full body pain.

### 3. SUPPORT THE FOREFOOT

#### *Relieve Ball of Foot Pain*

Arthritis and age can decrease the foot's natural soft tissue that cushions the metatarsal bones. A proper orthotic can contain met pad cushioned support and pressure relief.

### 4. EVENLY DISTRIBUTE PRESSURE

#### *Protect from RSIs (Repetitive Stress Injuries)*

When a bone is subjected to repetitive small loads the stress may break more fibers than what the body can repair and cause a stress fracture.

A contoured surface provides increased foot contact for greater shock absorption to lessen the load, cause less breakage & prevent the fracture.



\*Men's Premium Memory Foam Orthotics - Insole for Extra Comfort

## ANTI-FATIGUE COMPRESSION SOCKS

### 1. APPLY GENTLE PRESSURE

#### *Energize Employees*

A proper contoured surface will decrease stress on and inflammation of the plantar fascia ligament that runs from toe to heel.

#### *Reduce Blood Clots*

A proper contoured surface will decrease stress on and inflammation of the plantar fascia ligament that runs from toe to heel

#### *Prevent & Reduce Swelling*

A proper contoured surface will decrease stress on and inflammation of the plantar fascia ligament that runs from toe to heel

### 2. SUPPORT MUSCLES, TENDONS & LIGAMENTS

#### *Provide Ailment Relief*

Overpronation, or ankles rolling inward, results in the arch being out of natural position which affects everything that connects up from it. The tibia will twist to cause the knee to rotate inward and the pelvis to tilt forward. Supporting the arch prevents misalignment and pain.



\*OS1st WP4 Unisex Wellness Performance Black Crew Socks

#### **PROVEN RESEARCH:**

2021 study comparing regular vs compression socks on security guards for a 12-hour shift shows compression socks maintained their muscle response time from beginning to end of shift while regular socks showed significant muscle fatigue.

## PROTECTION. PREVENTION. RELIEF. RECOVERY.



#### SCAN THE QR CODE OR FOLLOW THE LINK TO LEARN MORE:

Combine the above with Accurate Fit Footwear and you get a compounded effect of Protection, Prevention, Relief and Recovery that will enable your entire workforce - from all-day sitting to long hours of standing & walking - to feel less fatigued to get more done and less debilitated at the end of the day to call off less often.

[Click here to Learn More](#)



# HOW MUCH ARE YOU SPENDING

## ON OCCUPATIONAL FATIGUE AND WORK-RELATED AILMENTS?

MSDs (Musculoskeletal Disorders) and RSIs (Repetitive Stress/Strain Injuries )  
are a major contributor to healthcare and workers' comp expense.

### THEY CAN INCLUDE:

Back Strains & Sprains • Herniated Disks • Pinched Nerves • Plantar Fasciitis • Shin Splints | Tendinitis  
Metatarsalgia • Arthritis • Carpal Tunnel Syndrome • Stress Fractures • Bursitis



## 58%

of MSDs affect the back & knees, a leading cause of days away from work.



## 25%

of all compensation claims are attributed to back injuries



## 70 MILLION

physician office visits a year resulting from RSIs that lead to time off, comp claims & reduced productivity.

Sources: Workplace Back Injuries, VanasseLaw.com; How Can You Reduce The Incidence and Cost of RSIs?, WorkHealthSolutions.com;

**FATIGUE COSTS U.S. employers more than \$136 BILLION a year**  
in health-related productivity losses from

### ABSENTEEISM:

Days off work for recovery, doctor visits,  
Physical Therapy, etc.

# &

### PRESENTEEISM:

Reduced work attention/performance  
Accounts for 84% of \$136 billion

## FATIGUE CAN COST A COMPANY \$3300 PER PERSON A YEAR!



Source: Journal of Occupational and Environmental Medicine vol 49, No 1, Jan. 2007

<sup>1</sup> based on 48 work weeks a year at \$15-\$30 an hour for 1000 employees

## THE CUSTOMFIT SOLUTION | STARTING AT \$75 PER EMPLOYEE

### ANNUAL WELLNESS PROGRAM PER EMPLOYEE

EXAMPLE 1

**\$75** 1 Orthotic  
1 Compression Sock

EXAMPLE 2

**\$125** 1 Orthotic  
3 Compression Socks

EXAMPLE 3

**\$225** 2 Orthotics  
5 Compression Socks

Suggested price of wellness program options subject to change based on number of eligible employees, product changes and other variables.