

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 ORTHOTICS

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.

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.



*OS1st WP4 Unisex Wellness Performance Black Crew Socks

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!

Fatigued workers lose an average
2.3 HOURS A WEEK
of productive time
(compared to non-fatigued workers)

**110 HOURS
A YEAR**

**\$1650 - \$3300
ANNUALLY**
Per Employee¹

\$1.6 - \$3.3 MILLION
A Year¹

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

¹ 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.