



# Workplace Ergonomics

Helping employers reduce the prevalence of musculoskeletal injuries and discomfort related to risk factors at work



The Optum Workplace Well-being solution, ErgoPro, goes beyond typical ergonomic solutions by embedding a specialist to engage and support the employee population with assessments, corrective exercises, educational resources and referrals to next-level care.

The ErgoPro platform provides employees easy online access to identify their discomfort levels, learn how to optimize their workspace, receive exercise recommendations and connect with the specialist to address their MSK concerns.

**ErgoPro helps reduce high-cost MSK claims**

**14%** reduced MSK spend on employees using ErgoPro

Based on client results



**Self-assessments**, functional movement screenings and individualized programming



**Workstation adjustments and modifications** with emphasis on proper movement quality and corrective exercise



**Identification of discomfort levels before MSK conditions impact productivity** or lead to high-cost claims



**Comprehensive reporting** of employee engagement, discomfort levels, changes in productivity and key trends



**Customizable platform and program management system** available to all employees, regardless of location



**Ergonomic specialist available as a US-based or international resource** to support global health strategies

Ready for a balanced approach to workplace well-being?

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