

Fit for work programs

Across industries and across the country, many employees have been out of their normal routines for an extended period of time. As we begin to shift back into our daily schedules and regular workplaces, Sedgwick is offering fit for work and reconditioning programs to get your employees back-to-business ready. With these specifically designed services — from return to work support specialists to on-site work-conditioning activities to video strength-training sessions — we're helping to ensure your employees are physically and psychologically ready to return to work.

Injury prevention

For employees who have been away from their heavy-labor jobs for several weeks or more, Sedgwick has video packages readily available that can assist with conditioning and strength training to ensure they're in prime physical condition as they return to their work. Geared primarily to employees without prior injuries, the injury prevention video series targets specific muscle groups and movements used most commonly in labor-intensive settings, like manufacturing or industrial workplaces. By training the body appropriately, employees can better prevent injuries from weakness or deconditioning after an extended absence.

Alternatively, on-site physical therapists can be available to conduct stretching and strength training sessions at the beginning of shifts at clients' major locations. This customizable option is based specifically on your employees' unique needs, and is scalable based on the number of employees you wish to include.

Return to work specialists

As large numbers of employees begin reentering the workforce, Sedgwick's telephonic return to work service can aid employers with the numerous administrative responsibilities that come with accommodating work restrictions.

In cases where previously injured workers were permitted to return to their jobs or to modified duty but haven't been able to do so because of shelter-in-place orders, our return to work specialists will engage them in the required interactive process regarding modified or light duty and associated job offers.

On-site industrial rehabilitation therapists

Workplaces across the country are beginning to reopen, and physical therapy offices are preparing for an onslaught of demand. Hosting an on-site physical therapist who can observe employees as they return to work allows employers to provide their workers with personalized, one-on-one attention, and to ensure employees are using correct body mechanics to perform their job functions.

As previously injured workers prepare to return, it's imperative they are properly equipped to avoid recurring or further injury. Sedgwick's on-site industrial rehabilitation therapists know the right questions to ask and the right resources for employees' rehabilitation needs, and can provide modification recommendations, from ergonomic adjustments to reconditioning exercises.

Strength and conditioning programs

Sedgwick offers a web-based library of videos to assist employees who may have become deconditioned during time away from the physical requirements of their job. Each video session — created by Sedgwick network physical therapists and clinicians — can be customized to focus on injury prevention strategies, on-site industrial rehabilitation and ongoing return to work health and wellness initiatives. Customized health centric questions may also be included as appropriate, and in accordance with privacy requirements.

Employers may choose between three program options; each customized website (which can be co-branded) includes introduction segments and coaching to support and encourage employee participation.

Option one: standard program

- Content includes 12 20-minute strength conditioning sessions and a 10-minute industry-specific stretching session

Option two: partially customized program

(1-2 week development required)

- Content includes customized cardiovascular and strengthening sessions, focused on job demands, and pre-built content for body part-specific stretches
- Also includes access to educational modules (e.g., target heart rate, body mechanics)

Option three: fully customized program

(1-2 week development required)

- Content includes eight 35-45-minute sessions, two per week, which cover:
 - Foundational work conditioning and job-specific demands
 - Specific, progressive exercise programs
 - Customized informational sessions

To learn more about our fit for work programs, contact:

P. 844.997.1892 (weekdays, 8am to 8pm Eastern)

E. backtobusiness@sedgwick.com

To learn more about our integrated and customized solutions, visit [SEDGWICK.COM](https://www.sedgwick.com)
