



Innovation in Wellness and Injury Prevention

WORKFORCE WELLNESS WITH MINIMAL DISRUPTION

Reduce pain levels, boost focus and engagement, cut turnover, and improve overall employee morale with [DORN's Self-Care Plus Program](#). Designed especially for employers with large office or computer-based workforces (remote or on-site), our comprehensive wellness and safety suite delivers personalized self-care techniques, virtual ergonomic assessments, desktop support software, and exercise plans tailored to improve mobility and conditioning for your employees.



Self-Care Plus includes:

- **Virtual Ergonomic Support**
 - Virtual ergonomic assessments for employee workstations at home or on-site.
- **HealthyWorking Ergonomic Software**
 - Provides training and reinforcement of safe postures and body mechanics, along with detailed data profiles to define and inform ergonomic improvements.
- **Mobility & Conditioning App**
 - Loaded with hundreds of exercises that can be arranged into personalized exercise plans based on specific employee health and risk factors. Also includes on-demand support for Virtual Self-Care Massage anytime, anywhere.
- **Virtual Self-Care Massage (LIVE or On-Demand Version)**
 - Connects employees with certified therapists who teach simple, intuitive physical self-care techniques to help workers relieve their pain and discomfort.

Benefits of DORN's Self-Care Plus:

- Relieve pain and discomfort without doctor's visits or prescription medication
- Implement ergonomic standards and best practices even in employees' homes, reducing MSD risks
- Help boost employees' engagement with their work and cut down on expensive turnover
- Improve morale, mental health, and quality of life for employees
- Save hundreds of thousands of dollars on workers' compensation, OSHA recordables, and indirect costs of MSDs and chronic pain



About DORN Companies

For nearly 20 years, DORN has led the cutting edge of workplace safety solutions, offering holistic, proactive strategies to help organizations in all sectors reduce injuries, cut costs, and boost productivity. With a whole-person approach to safety that evaluates Body, Behavior, and Environment, DORN deploys custom-built solutions based on trusted science and the expertise of a nationwide team of workplace safety specialists. Whether through ergonomic assessments, PainFree treatments, biomechanics programs, technology solutions or coaching and training, DORN solutions significantly enhance organizational efficiency and employee effectiveness while improving the overall culture of the organization. With an annual ROI of nearly 600% and a reach of over 100,000 employees, we have saved employers over \$100 million in workers' compensation and healthcare claims and costs.

Empowerment through Education & Engagement

Contact us to learn more:

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