



Ergonomic programme for global employers

Online assessment tool with the expertise of an ergonomic specialist



Disability associated with musculoskeletal (MSK) conditions is increasing globally and is projected to continue to increase in the coming decades.¹

MSK conditions are the leading contributor to disability worldwide, with approximately 1.71 billion people suffering from their effects.²

The Optum® Workplace Wellbeing ergonomic programme, ErgoPro, helps employers reduce the prevalence of MSK injuries and discomfort related to risk factors at work. ErgoPro goes beyond typical ergonomic solutions. An ergonomic specialist engages with employees to provide education about the importance of movement and triage those in need of next-level care.

Combined support for the whole person

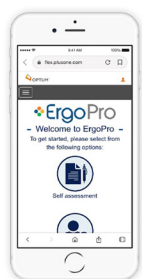
ErgoPro combines a highly credentialed specialist with a proprietary assessment tool* to address musculoskeletal issues. Through self-assessments, functional movement screenings and individualised programming, we can identify discomfort levels before MSK conditions impact productivity or lead to greater injury and pain.

We focus on adjusting and modifying workstations, encouraging proper movement quality and supporting corrective exercise. Employees receive personalised mobility recommendations based on their individual needs.

Those with chronic pain are

4x more likely

to have depression or anxiety than those who are pain-free.³



- Simple and effective
- Comprehensive
- Empowers employees

* Assessment tool platform is only available in English.

Empowering employees – wherever they are

Whether employees are located on site or working remotely, we reach them through the ErgoPro portal, customised communications and a variety of programmes.

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

The platform also provides employers with trends on engagement, discomfort levels, changes in productivity, satisfaction results and key themes observed across the employee population.

Benefits

- Provides a customisable platform and programme management system to all employees in all locations
- Serves employees around the world; ErgoPro specialists deploy to six international locations, and U.S.-based specialists serve employees globally
- Identifies high-risk cases to triage and recommend to next-level care
- Captures valuable metrics through comprehensive reporting capability

MSK injuries and discomfort continues to be concerns for employers. ErgoPro can help.


70% of employees who engaged in ErgoPro maintained or improved their productivity in 2020.


66% of employees maintained or improved their level of comfort in 2020.

90% of members were satisfied or extremely satisfied with service.

Results captured in 2020 from insurance employer.

Contact us to learn more about how biometric screenings can help promote a more productive workforce.

 +44 (0) 207 479 1824

 global@optum.com

 optum.com/globalemployers

1. World Health Organization. Musculoskeletal conditions. [who.int/news-room/fact-sheets/detail/musculoskeletal-conditions](https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions). 8 February 2021. Accessed 7 May 2022.
2. Ibid.
3. Ibid.



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