



MOVEMENT SPECIALIST FOR GLOBAL EMPLOYERS

Keep your workforce happy, healthy and moving forward

The global office is evolving in the way it functions as the workforce has become more fluid and agile. Homeworking is becoming a way of life for many, and with these emerging changes, comes a need for new ways to help keep employees healthy, motivated and productive — regardless of where employees are located.¹

Optum® movement specialists can help promote a happier, healthier global workforce by engaging employees where they are — in office or at home. Specialists not only address the physical workstation but also focus on the physical body, providing exercises and mobility work to support, comfort and address musculoskeletal conditions.

Dedicated support for every environment

Movement specialists have a background in ergonomics in addition to overall wellness. The responsibilities of your movement specialist will include:

- ▶ Building and facilitating an ergonomic-friendly environment and culture
- ▶ Engaging the population to proactively prevent musculoskeletal issues from escalating to a medical claim using a scalable and sustainable approach
- ▶ Integrating with other health and wellness programmes to maximise your programme investments, which could help increase employee satisfaction



50% of employers report increased musculoskeletal pain as compared to when they last worked at the worksite.²

More than 1/3 of global employers currently offer an ergonomics programme as part of their health and wellness strategy.³

Customised programme for your unique culture

Employee engagement is important in terms of programme success, which is why we are committed to helping you develop a marketing and engagement strategy that is appropriate for your culture.



Nearly 10%
increase in
musculoskeletal
programme
participation rates.⁴

DRIVING BETTER HEALTH OUTCOMES ACROSS THE ENTERPRISE



Collaboration
with services and
departments



Workspace
evaluations



Personalised
corrective exercise
programmes



Fitness Centre
partnership with
ergonomic programme



Wellness
Moments Under
10 menu



Stretch breaks

Sources

1. Arizton. Corporate Wellness Market. Global Outlook and Forecast 2018-2023.
2. Institute for Employment Studies (IES). IES working at home wellbeing survey: interim findings. employment-studies.co.uk/resource/ies-working-home-wellbeing-survey. April 2020. Accessed May 10, 2020.
3. Optum 2020 International Wellness in the Workplace Benchmark Study.
4. Ibid.

The information provided is for informational purposes only and is not a substitute for your doctor's care. Any health and wellness programme should not be used for emergency or urgent care needs.



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company's wellness vision to life.

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