

2010 -2011

Freedom From Stress and Back Pain
Injury Prevention and Self-Management On-Site Training



info@
Your Company

(your practice)

is pleased to announce our association
with AMERICAN NETWORK SOLUTIONS, INC. in offering
Freedom From Stress and Back Pain
Self-Management On-Site Training



Our mutual company interests in injury prevention, early intervention and recovery from injury, joined with effective self-management of employee wellness and fitness, provide the foundation for our integrated services and your in-house control over mounting Health Care and Workers' Compensation costs.

As a representative of this excellent self-management training program in (**your locale**), we will work closely with you to ensure your goals for in-house control over unnecessary and sky rocketing Health Care and Workers' Compensation costs are substantially reduced; especially those resulting from stress, back injuries and related claims. Our integrated services provide unique and innovative solutions to your long-standing interest in controlling this critical component of your larger business.

Our staff, in conjunction with Dr. Ray Mulry, author of *Freedom From Stress and Back Pain*, will design the injury prevention and wellness program best suited to your needs. Dr. Mulry has done so successfully for over three decades in his work with such organizations as the Queen's Medical System in Hawaii, Princeton University Plasma Physics Laboratory, the Tennessee Valley Authority, US Army TN National Guard, Hewlett-Packard, New York Power Authority, Marriott, Pepsi Bottlers, Coors, The Michigan Hospital Association, to name but a few.

Check out our service offerings and give us a call. It will be our pleasure to work closely with you to deliver the measurable results you want and need.

SELF-MANAGEMENT TRAINING AND
WELLNESS/FITNESS PROTOCOL
FOR YOUR WORKERS' COMPENSATION CLAIMANTS

SMALL GROUP ON-SITE TRAINING

for open WC claims on or off the job



ONE FULL DAY

\$400/claimant billed directly
to WC file authorized by
Claims Manager

**eight hours of self-
management training and wellness/fitness protocol
development**

- Conducted by Licensed Physical Therapist ~ also Certified *FFSBP* Trainer
- Each claimant receives *Relaxation Therapy* Audio CD
- Each claimant receives unique self-management protocol
- Each claimant followed-up by PT on-site
- Self-management objectives for each claimant clearly established
- Summary report for each claimant sent to appropriate Claims Manager
- Continued communication between PT, Claimant, Claims Manager
- Continued communication between (**your company**) and Supervisors

SELF-MANAGEMENT TRAINING AND WELLNESS/FITNESS PROTOCOL FOR YOUR WORKERS' COMPENSATION CLAIMANTS

INDIVIDUALIZED ON-SITE TRAINING

for open WC claims on or off the job



\$150 for each 1 hour session
over four sessions or
\$600/claimant
billed directly to WC file
authorized by Claims Manager

four hours of on-site individualized training over four days focused on implementation of a specific claimant self-management protocol. Because the claimant may also require Physical Therapy, such treatments are billed separately from the self-management training fee

- Conducted by Licensed Physical Therapist ~ also Certified *FFSBP* Trainer
- Each claimant receives *Relaxation Therapy* Audio CD
- Each claimant receives a self-management protocol developed by PT
- Self-management objectives for each claimant clearly established
- Each claimant is followed-up by PT either on-site or off-site
- Report for each claimant sent to appropriate Claims Manager
- Regular communication between PT, Claimant and Claims Manager

SELF-MANAGEMENT
SMALL GROUP TRAINING
FOR YOUR BACK INJURED EMPLOYEES

SMALL GROUP ON-SITE TRAINING

for employees with existing back problems



Early Intervention Pays Off

\$150/employee ~ 4 hour small group training sessions facilitating self-management of personal health for employees with existing back problems, counteracting Group Health costs, while reducing incidence of downstream Workers' Compensation claims.

four hours of early intervention group training, conducted on-site

- Conducted by Licensed Physical Therapist ~ also Certified *FFSBP* Trainer
- Each claimant receives *Relaxation Therapy* Audio CD
- Each claimant receives 4-hours of back injury self-management training
- Each claimant is followed-up by PT either on-site or off-site
- Employee evaluations report for each group provided to employer
- On-site follow-up training in Safety and Health Meeting
- On-site follow-up with physical therapy as needed

SELF-MANAGEMENT TRAINING
AND INDIVIDUALIZED TREATMENT
FOR YOUR BACK INJURED EMPLOYEES

INDIVIDUALIZED ON-SITE TRAINING AND TREATMENT

for employees with existing back problems



**Self-Management Training
and Physical Therapy**

for employees with existing back problems, counteracting *Group Health* costs, while reducing incidence of future *Workers' Compensation* claims

four hours of individualized Self-Management training and supplemental Physical Therapy treatments conducted on-site and billed under routine medical insurance codes

- Conducted by Licensed Physical Therapist ~ also Certified *FFSBP* Trainer
- Each employee receives *Relaxation Therapy* Audio CD
- Each employee receives individualized self-management training
- Each employee receives individualized Physical Therapy
- On-site and carefully planned follow-up by On-Site Physical Therapist
- Billed under CPT codes for Physical Therapy and Patient Education

For more information

and a free presentation regarding our unique services for treatment, wellness, fitness and employee self-management of personal health and conservative medical care, please contact us at:



Your company

Contact person
Business Development
Phone: etc

Following our systematic review

of your specific healthcare and injury prevention needs, we will customize our services specifically for you. We will maximize measurable medical cost savings, increase employee morale, while significantly lowering your Workers' Compensation exposure and related costs

Give us a call

and join us in a *Health Care Revolution* maximizing employees' abilities to self-manage much of their personal health, supplemented by wellness, fitness and conservative medical care