

## The Rising Workplace

The Rising Workplace's team of certified ergonomists deliver comprehensive ergonomic and injury prevention solutions to organizations across the full spectrum of workplace environments. Clients range from sole proprietors working from home to Fortune 100 companies and large industrial facilities. Outcomes are shown to decrease workplace discomfort by 72% and recordable injuries by 30% with substantial improvements in employee retention and engagement. TRW's solutions are designed around the unique space that people work in and the unique people that work in that space.

Serving clients onsite in Pennsylvania with local ergonomists in Philadelphia and Pittsburgh, and nationally through virtual capabilities.

**Primary contact:** Leslie Woodruff, [admin@risingworkplace.com](mailto:admin@risingworkplace.com), 828-214-7827

**Website:** [www.risingworkplace.com](http://www.risingworkplace.com)

Program/Service Name	Description	Onsite only, Virtual only, or Both?
<b>Be Active</b>		
'Deskercises' with Emile	In this interactive webinar, you will learn the benefits of pre-shift stretching programs and how to perform an 8-minute sequence of exercises that is proven to increase comfort and decrease injury. This go-to routine can be used to alleviate common work-related discomfort and leave you energized for the day ahead.	Virtual only

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Office Pilates	Join a certified Pilates instructor and ergonomic specialist in bridging the gap between functional exercise and desk work. Focus on your breath and engage your core in this powerful Pilates routine. Pilates for the office worker will focus on functional movement patterns and core strengthening exercises to improve posture, balance, flexibility and overall wellbeing throughout the workday. Our goal is to educate participants on safe core strengthening exercises that can be transferred to your everyday life that make you less prone to injuries or discomforts while working.	Virtual only
Pre-Work Stretch and Flex	In this interactive webinar, you will learn the benefits of pre-shift stretching programs and how to perform an 8-minute sequence of exercises that is proven to increase comfort and decrease injury. This go-to routine can be used to alleviate common work-related discomfort and leave you energized for the day ahead.	Virtual only
Self-Massage & Myofascial Release with Emile	Grab a tennis ball (or lacrosse ball) and your foam roller for a relaxing self-massage using the evidence-based technique of myofascial release. Learn how to release knots and trigger points, improve muscle function, and enhance circulation for a more comfortable day ahead. This course is led by Emile Clarke, who is a Certified Instrument Assisted Soft Tissue Mobilization Practitioner and licensed Physical Therapy Assistant (LPTA).	Virtual only
<b>Be Empowered</b>		

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1:1 Live Virtual Ergonomic Assessment with Report	Virtual ergonomic assessment includes a live consultation and personalized workstation fitting with a certified ergonomic specialist. Follow-up assessment may be indicated for certain individuals.	Virtual only
Advanced 1:1 Live Virtual Ergonomic Assessment with Report	For individuals with on-going work-related discomfort or pain. Can be utilized for reasonable accommodation requests, doctor's orders for ergonomic equipment related to a medical condition and return-to-work.	Virtual only
Advanced In-Person 1:1 Individual Ergonomic Assessment for Work or Home Offices	Recommended for reasonable accommodation requests, doctors' orders for ergonomic equipment related to a medical condition, return-to-work, and for individuals with work related discomfort or pain. Delivered on-site at the individuals work or home office.	Onsite only
Individual In-Person Ergonomic "Spot" Assessments	"Spot Assessments" are brief individual workstation fittings and consultation, typically lasting 20-30 minutes per individual.	Onsite only
In-Person Ergonomics Educational Sessions	Group education includes "lunch and learn," professional seminar using mock workstation and/or PowerPoint presentation.	Onsite only

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Live Ergonomics Webinar	This is a customized 1-hour webinar that educates participants on basic office ergonomics, guides participants through setting up their workspace ergonomically, teaches stretching exercises, and helps viewers come up with creative solutions for common ergonomic challenges. There is time at the end for a Q & A with the ergonomic specialist. This service requires a planning call to customize content for specific needs and can be tailored to work-from-home. Clients can record the webinar for continued use.	Virtual only
<b>Value-Added/Turnkey Services</b>		
Online Ergonomic Self-Assessment Tool	Ergonomic self-assessment tool is accessed through web-link that can be utilized with a desktop, laptop, or mobile device. Made available to staff as a preventative measure and to address minor issues. The software guides users to perform an ergonomic self-assessment with logic-based recommendations. Includes customization, data reporting, trend tracking, risk calculation and monthly 1hr consultation meeting for leadership with ergonomic specialist.	Virtual only

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