



Would you like to help  
your employees prevent  
or reduce pain?

We spend a significant amount of time at work, which is why the workplace can play a key role in improving employees' health and well-being.

According to a recent study conducted by The National Research Centre for the Working Environment (NFA), the workplace can help its employees reduce pain and prevent sick leave by incorporating micro-exercises as an integrated part of the workday.

At PrimaCare, we support employees' health and well-being by scheduling short 10-minute breaks into the workday. During these breaks, we guide employees through simple online exercises focused on movement and preventing or reducing musculoskeletal pain.

The content of the sessions can be customized to meet the specific needs and requirements of each company. However, the exercises are all designed to require no special equipment or changing of clothes. Therefore, the exercises can be done at the individual employee's workstation, whether at the office or at home.

