



Employee & Field Staff Wellness Initiative

Presented by:
Sales & Marketing Department
ASK4CARE Support Services Inc.

2026

 ask4care.com



Why Employee Wellness Matters

Healthcare professionals dedicate themselves to caring for others every day.

Many experience:

- Physical fatigue
- Chronic back and neck pain
- Emotional exhaustion
- Burnout
- High stress
- Poor sleep
- Compassion fatigue

By investing in wellness,

ASK4CARE also invests in:

- Higher employee satisfaction
- Better staff retention
- Reduced absenteeism
- Increased engagement
- Better client outcomes
- Stronger workplace culture



Our Wellness Vision

To become one of Ontario's leading healthcare staffing agencies by supporting our employees beyond the workplace.

The ASK4CARE Wellness Initiative will provide:

- Discounted wellness services
- Preventative healthcare support
- Pain management options
- Nutrition education
- Holistic healing opportunities
- Self-care resources



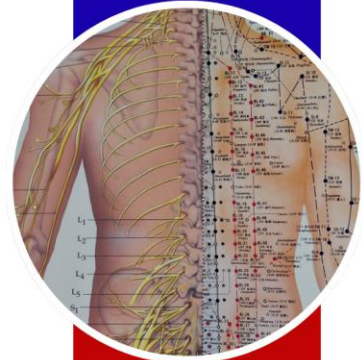
Proposed Wellness Partner



<https://www.jsdclinic.ca/>

- Services offered include:
- Physiotherapy
 - Acupuncture
 - Acupressure
 - Nutrition Therapy
 - Chiropractic Care
 - Registered Massage Therapy
 - Tuina Therapy
 - Neuromuscular Therapy
 - Self-Healing Exercise Coaching

JSD Clinic combines traditional healing methods with rehabilitation services and wellness programs, including workplace wellness initiatives.



Proposed Wellness Partner:

MyHive Digital Wellness & Personal Growth

A digital wellness platform supporting employees throughout their ongoing wellbeing journey.

- Guided Wellness Programs – Access structured activities and wellness experiences.
- Daily Wellness Practices – Build healthy habits through reflection, mindfulness, and guided practices.
- Resources & Support – Connect with wellness professionals and access helpful tools and information.
- Community & Connection – Encourage engagement, learning, and shared wellness experiences.
- Ongoing Engagement – Extend Ask4Care's wellness initiatives beyond individual workshops and sessions.

ASK4CARE × MY HIVE: Creating a connected, accessible and ongoing approach to employee wellbeing.

<https://www.myhive.world/>





Proposed Wellness Partner: Ask4Care Workplace Breathe & Learn

Ask4Care is introducing breathwork and holistic healing programming to support employee wellness, stress management, and overall well-being.

- Guided breathwork sessions
- Stress relief & relaxation techniques
- Holistic healing education
- Practical wellness tools employees can use daily
- Available to office & field staff
- Corporate breathwork provider already contracted Ask4Care Workplace Breathe & Learn
- Ask4Care is introducing breathwork and holistic healing programming to support employee wellness, stress management, and overall well-being.

<https://dandy-warrior-f25.notion.site/Ask4Care-Workplace-Breathe-Learn-93434f9467274213bdb8329d33bed6df>



Employee Discount Program

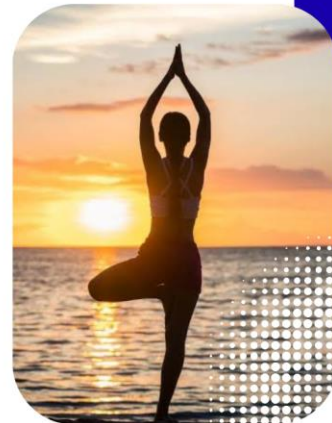
Proposed Preferred Vendor Benefits
ASK4CARE employees and field staff would receive:

Exclusive Preferred Pricing

- Discounted assessments
- Reduced treatment pricing
- Wellness packages
- Nutrition consultations
- Preventative care programs
- Priority appointment booking (subject to availability)

Potential future additions:

- Family discounts
- Employer wellness days
- Group seminars
- Monthly educational workshops





Wellness Services Available

Ideal for:

- PSWs
- Nurses
- Field Staff
- Office Employees

Pain Management

- Acupuncture
- Acupressure
- Physiotherapy
- Massage Therapy

Ideal for:

- PSWs
- Nurses
- Field Staff
- Office Employees

Common concerns include:

- Back pain
- Shoulder pain
- Knee pain
- Neck pain
- Joint stiffness
- Muscle tension



Employee Benefits

Staff Advantages

- Better work-life balance
- Reduced physical discomfort
- Improved mobility
- Better mental wellbeing
- Greater job satisfaction
- Increased morale
- Feeling valued by ASK4CARE





"Because We Care for Our Caregivers"

Internal Launch

- Staff email campaign
- Posters in offices
- Social media announcement
- Employee handbook update
- Monthly wellness newsletter
- QR code to book appointments
- New hire orientation package

Future Campaign Ideas

Wellness Wednesday

Monthly:

- Nutrition tips
- Stretching videos
- Healthy recipes
- Stress management advice
- Employee wellness stories



Nutrition & Preventative Health

Phase 1

- Finalize partnership with JSD Clinic
- Confirm employee discount structure
- Develop referral process

Phase 2

- Launch employee communications
- Begin staff referrals
- Collect employee feedback

Phase 3

- Measure participation
- Review employee satisfaction
- Expand wellness offerings





Thank You

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