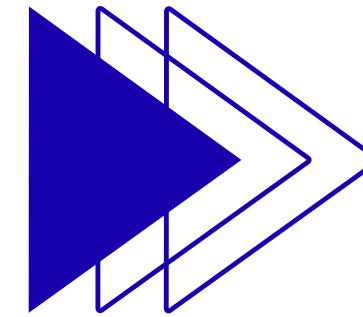




Employee & Field Staff Wellness Initiative

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

2026





Why Employee Wellness Matters

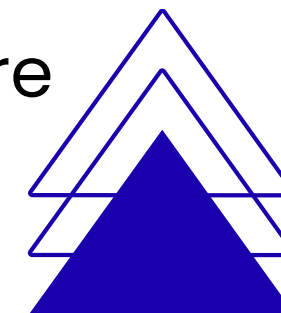
Healthcare professionals dedicate themselves to caring for others every day.

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

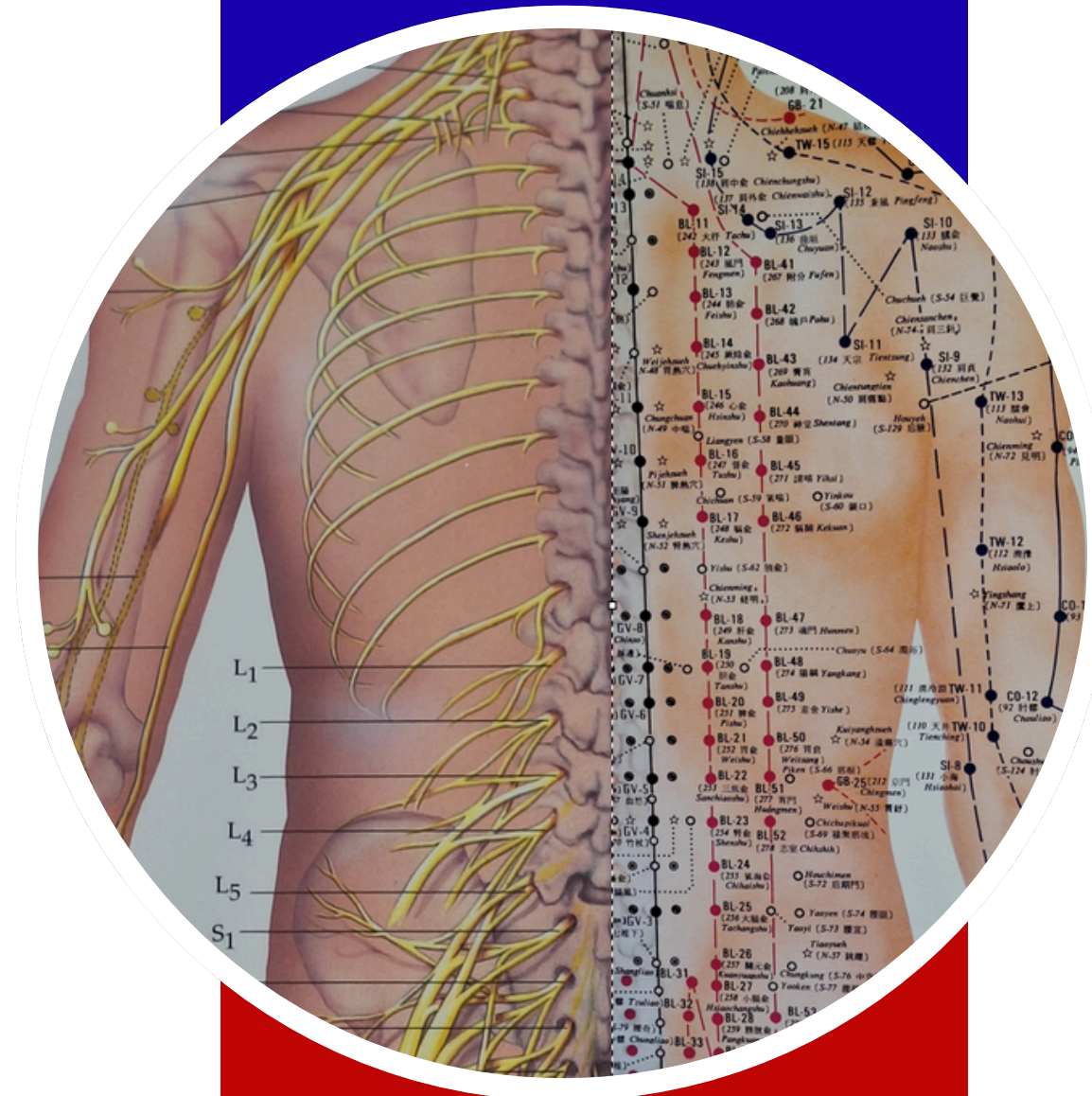


<https://www.jsdclinic.ca/>

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.



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



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.





Wellness Services Available

Ideal for:

- PSWs
- Nurses
- Field Staff
- Office Employees

Pain Management

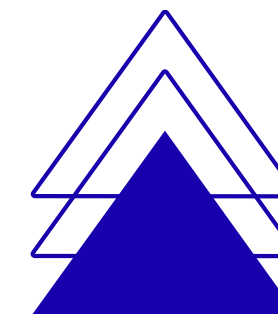
- Acupuncture
- Acupressure
- Physiotherapy
- Massage Therapy

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



Why This Matters for **ASK4CARE**

The Wellness Initiative can help:

- Improve recruitment
- Improve employee retention
- Reduce burnout
- Enhance employer branding
- Support Occupational Health initiatives
- Differentiate ASK4CARE from competitors
- Demonstrate investment in employee wellbeing





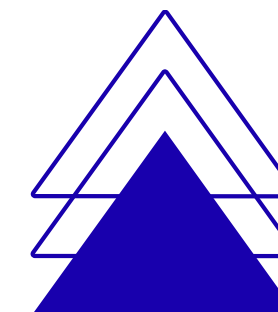
"Because We Care for Our Caregivers"

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

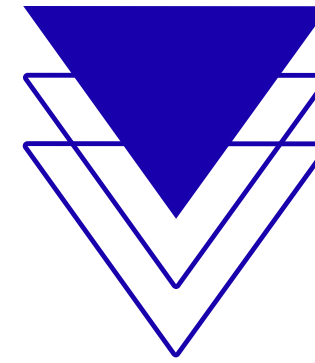
Phase 2

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

Phase 3

- Measure participation
- Review employee satisfaction
- Expand wellness offerings





Thank You

 (647) 557-3321

 www.ask4care.com

 info@ask4care.com

 @ask4care

