



# Keep your team safe by preventing injuries.

At Novant Health Employer Solutions, we prioritize safety for a healthier, more productive team. Our Worksite Injury Prevention Program focuses on reducing muscle and bone issues and preventing injuries. By collaborating with your health and safety teams, we help create a safer work environment.

## HOW WE HELP

- **Warmup and recovery**  
Customized warmup programs  
On-site implementation  
Team member training  
Leadership education
- **Early intervention**  
Evaluation and intervention  
Individual prevention and care plans  
Self-care education  
Ongoing support and follow-up  
Coordination of care
- **Ergonomics**  
Workplace ergonomics training  
Risk assessments and solution  
Best practices for injury prevention  
Functional job descriptions  
Work hardening programs
- **Wellness and prevention**  
Heat illness prevention  
Hydration and nutrition guidance  
Fitness programs  
Recovery strategies

## THE IMPACT

Our proven approach helps lower injury claims, reduces costs and improves overall workplace well-being — leading to healthier, more engaged employees.



Contact us today to learn how our customized, direct-to-employer healthcare solutions can work for you.

**[EmployerSolutions@NovantHealth.org](mailto:EmployerSolutions@NovantHealth.org)**