

## Pricing

Each Shift includes a full Carpe Diem Mobile Services team delivering BASS System care to your employees during the scheduled time block.

Custom scheduling, recurring contracts, and multi-shift options are available upon request.

**CALL FOR PRICING**

## Call Today to Book Your Mobile Services

with flexible weekly, biweekly, or monthly plans to fit your corporate wellness needs.

**(954) 368-5483**

# Carpe Diem Mobile Services



## ENHANCING WORKPLACE WELLNESS

*Onsite Services Tailored for Your Business*

**SMART Therapy - Stretch, Massage, Adjust, Repeat!**



[chiropractorfortlauderdaleflorida.com](http://chiropractorfortlauderdaleflorida.com)

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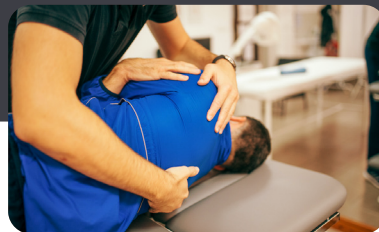
300 NW 70th Avenue, Suite 100,  
Plantation, FL 33317

## Executive Summary

Carpe Diem Mobile Services, in partnership with Carpe Diem Chiropractic, offers a comprehensive corporate wellness solution designed to improve employee physical health while positively impacting your organization's bottom line.

Our proprietary **BASS System-Break Down tissue, Adjust the joint (mobilize), Stretch, and Strengthen muscles**-combines stretch therapy, massage therapy, chiropractic care, and corrective band exercises. This system targets musculoskeletal stress, injury prevention, and functional performance, helping employees remain healthy, productive, and engaged.

This proposal outlines how integrating our team into your wellness strategy can reduce absenteeism, lower healthcare costs, and improve overall workforce performance.



## About Carpe Diem Mobile Services

Carpe Diem Mobile Services delivers professional, evidence-based physical wellness care directly to the workplace. Our licensed providers specialize in preventative and corrective care for the most common workplace issues, including muscle tension, joint restrictions, repetitive-stress injuries, and postural strain.

Our mobile model allows organizations to provide high-quality care **without disrupting work schedules** or requiring employees to leave the job site.

## The BASS System

Our BASS System is a structured, results-driven approach that includes:



### Break Down Tissue

Targeted soft-tissue work to reduce muscle tension, adhesions, and pain.



### Adjust the Joint (Mobilize)

Chiropractic joint mobilization to restore proper movement and alignment.



### Stretch

Assisted and guided stretching to improve flexibility and range of motion.



### Strengthen

Resistance band exercises to reinforce movement patterns and prevent reinjury.

This integrated system addresses the root causes of discomfort rather than just symptoms. This combination speeds up correcting the root cause so the body heals with proper function.

## Why Corporate Wellness Matters

Research consistently shows that organizations investing in employee physical wellness outperform those that do not:

Employers with structured wellness programs report **lower healthcare costs and fewer sick days**, with studies showing an average return of **over \$3 for every \$1** invested in wellness initiatives.

Healthy employees demonstrate **higher productivity, improved morale, and reduced presenteeism**.

Wellness programs are strongly associated with **higher employee retention and job satisfaction**, making them a strategic advantage in today's labor market.

Musculoskeletal issues remain one of the leading causes of lost workdays and reduced productivity-making proactive physical care a smart business decision.



### Value to Your Organization

Partnering with Carpe Diem Mobile Services provides:

- ✓ Reduced absenteeism and injury-related downtime
- ✓ Lower healthcare and workers' compensation costs
- ✓ Improved employee performance, morale, and retention
- ✓ A visible commitment to employee well-being

Our services complement existing wellness initiatives and can be customized to your workforce's specific demands.

### Service Structure

Services are delivered onsite or via mobile deployment and may include:

- ✓ Chiropractic care
- ✓ Massage therapy
- ✓ Assisted stretch therapy
- ✓ Corrective band exercise sessions
- ✓ Educational guidance on injury prevention and movement health

Scheduling options are flexible and designed to minimize disruption to daily operations.