

## Employer Benefits

- Improve retention rates
- Decrease absenteeism
- Reduce ergonomic-related strains and stress
- Effectively reduce aches, pains, and stress levels
- Increase mental clarity and focus
- Increase productivity
- Supports team building among co-workers

## Employee Benefits

- **\$20 off First Acupuncture or Clinical Massage visit at Adams Avenue Integrative Health**
- **\$5 off all Returning Acupuncture & Half Clinical Massage visits at Adams Avenue Integrative Health**
- Boost immune functioning
- Headache relief
- Lower blood pressure
- Increased energy and mood
- Enhance flexibility

AltHealNet is a 501(c)(3) non-profit that is committed to promoting the use of integrative healing therapies to the public and improving access to integrative health care in under-served communities.

Our organization has a wide variety of qualified practitioners that you can include in your employee wellness events. Consider adding a class:

- Yoga
- Tai Chi/Qi Gong
- Meditation

Or another type of integrative health service such as:

- Chiropractic
- Nutritional Counseling
- Energy Healing

## Adams Avenue Integrative Health

**3239 Adams Avenue  
San Diego, CA 92116**

**Phone: (619) 546-4806**

[www.AltHealNet.org/wellness](http://www.AltHealNet.org/wellness)

## Corporate Wellness Program *Chair Massage & Acupuncture*



- ⇒ *Reduce stress*
- ⇒ *Increase Productivity*
- ⇒ *Decrease Sick Days*
- ⇒ *Increase Employee Morale*
- ⇒ *Prevent Chronic and Acute Injuries*

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# Increase Productivity, Improve Morale & Reduce Stress for Employees



## Massage Sessions Yielded per Therapist

Total Time	10-min	15-min	20-min	30-min
1 hour	4	3	n/a	n/a
2 hours	8	6	n/a	n/a
3 hours	12	9	7	5
4 hours	n/a	12	10	7
5 hours	n/a	15	13	9



## Acupuncture Sessions Yielded per Therapist

	Community Acupuncture	NADA
Option #1	3	5
Option #2	6	10
Option #3	9	15

## Chair Massage Rates per Therapist (all-inclusive)

Total Time	One-Time Booking	2+ Bookings	Monthly Bookings (min 6 months)
1 hour	\$65/hour	\$60/hour	\$55/hour
2-3 hours	\$60/hour	\$55/hour	\$50/hour
4-5 hours	\$55/hour	\$50/hour	\$45/hour

## Chair Massage rates per Therapist (gratuity not included\*)

Total Time	One-Time Booking	2+ Bookings	Monthly Bookings (min 6 months)
1 hour	\$50/hour	\$45/hour	\$40/hour
2-3 hours	\$45/hour	\$40/hour	\$35/hour
4-5 hours	\$40/hour	\$35/hour	\$30/hour

- Total time includes an intake discussion, hands-on time, transitioning between clients, sanitizing equipment between each use, and time to rest in between clients.

## Acupuncture L.Ac. (all-inclusive)

Total Time	One-Time Booking	2+ Bookings	Monthly Bookings (min 6 months)
Option #1	\$75/L.Ac.	\$70/L.Ac.	\$65/L.Ac.
Option #2	\$120/L.Ac.	\$110/L.Ac.	\$100/L.Ac.
Option #3	\$165/L.Ac.	\$150/L.Ac.	\$135/L.Ac.

## Acupuncture L.Ac. (gratuity not included\*)

Total Time	One-Time Booking	2+ Bookings	Monthly Bookings (min 6 months)
Option #1	\$60/L.Ac.	\$55/L.Ac.	\$50/L.Ac.
Option #2	\$90/L.Ac.	\$80/L.Ac.	\$70/L.Ac.
Option #3	\$120/L.Ac.	\$105/L.Ac.	\$90/L.Ac.

- Each session takes approximately 45 minutes total, with two patients under supervised care at a time.
- Acupuncture sessions require 3 stable chairs with armrests per Acupuncturist. Access to arms and legs is helpful.

\*Tips given by employees in lieu of all-inclusive rates where tips are paid by employer.