

## ECI's MOVEMENT SCREEN

Workers with poor physical fitness or inactive lifestyles have more on-the-job injuries, lost productivity, absenteeism, and health costs.

The traditional approach to workplace wellness has been shown to have a negative Return-On-Investment (ROI). This includes costly blood studies, but fails to address musculoskeletal health or fall risks.

**ECI's Movement Screen is an engaging workplace wellness activity to promote physical activity of workers.** It is administered by individual appointments at work to increase worker participation.



This is a brief 20-minute screen that includes:

- **Active Movement Screen<sup>SM</sup> (AMS)**
- **Two Square Agility Test (TSAT)**
- **Review of recent physical activity**

Participants receive a physical fitness report that includes objective findings and recommended actions from a fitness professional to promote suitable physical activity.

### **Return On Investment (ROI):**

- Monitor fitness and promote physical activity for about half the cost of traditional biometrics.
- Screens for musculoskeletal and fall risks that are more relevant to safety and productivity.
- Sponsoring employers receive a participant list and de-identified group report to evaluate workforce fitness needs, and support HIPPA employer incentives for wellness programs.



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*To arrange for this service at your workplace, call 317.708.4832 or email [info@eci-in.com](mailto:info@eci-in.com)*

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