



# CORPORATE WELLNESS PILOT



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**EY ISRAEL** is a member firm of Ernst & Young Global Limited, which is a global leader in assurance, tax, transactions and advisory services.

**EY ISRAEL** decided to team up with **UPRIGHT** for a corporate wellness initiative.



# THE PROBLEM

## POOR POSTURE CAUSES



### BACK PAIN

Poor posture is the leading cause for back pain



### PRODUCTIVITY

Poor posture decreases productivity



### HEALTH

Poor posture damages overall health



### ABSENCE

Back pain is the #1 reason for missed work

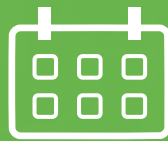
## THEY WANTED TO CHANGE THAT



# THE PROGRAM



31 EY EMPLOYEES WERE GIVEN AN UPRIGHT TRAINER



EMPLOYEES TRAINED 2-4 TIMES A WEEK FOR 6 WEEKS



TRAINING PROGRAM STARTS WITH  
5 MINUTES A DAY UP TO 60 MINUTES

**THE RESULTS WERE IMPRESSIVE**



# THE NUMBERS

**71%**

REPORTED RELIEF  
IN THEIR BACK PAIN

29% REPORTED THEIR  
BACK PAIN DISAPPEARED

**57%**

INCREASED PRODUCTIVITY

FELT MORE PRODUCTIVE  
AND AWAKE WHILE  
BEING UPRIGHT

**76%**

POSTURE IMPROVEMENT

RATED THEIR POSTURE  
HIGHER AFTER THE END OF  
THE PILOT



# THE NUMBERS

66%

FELT THEIR CORE MUSCLES  
BECOMING STRONGER

71%

FELT MORE CONFIDENT  
WHILE BEING UPRIGHT

85%

BECAME MORE AWARE  
OF THEIR POSTURE



# HAPPY EMPLOYEES, HAPPY EMPLOYER, EFFICIENT WORKPLACE

“ Great idea!  
I had a blast using it.

Mai Shor

“ I really enjoyed  
using UPRIGHT, especially  
the positive side effects it  
gave me when using it -  
increased focus at work  
and higher productivity  
accordingly.

Ohad Cohen

“ A wonderful  
device that upgrades  
your quality of life.

Rafael Bar Moshe



# APPENDIX

STARTED FEELING THE  
DIFFERENCE AFTER  
**7-13**  
TRAINING SESSIONS

**14%**

STARTED FEELING THE  
DIFFERENCE AFTER  
**14-20**  
TRAINING SESSIONS

**14%**

**24%**

DIDN'T FEEL ANY DIFFERENCE

**48%**

STARTED FEELING THE  
DIFFERENCE AFTER  
**1-6**  
TRAINING SESSIONS

