

Pinellas County Worksite Employee Massage Therapy

Restore yourself to a relaxed, refreshed and rejuvenated state with a chair massage!

Pinellas County offers workplace massage therapy at worksites with approval by management. An on-site chair massage is a brief massage done at work by a trained massage therapist:

- You sit in a specially-designed portable massage chair.
- You remain fully clothed.
- No oils are used.
- Massage includes the neck, shoulder, back, arms, hands and scalp.

The service is available to all Pinellas County employees. Cost is \$1 a minute, 10 minute minimum. Employee pays the massage therapist directly at time of service (cash or check only).

All massage services will take place during non-paid status (off County time). Non-paid status is defined as before work, after work, and non-paid time during the normal workday such as lunch or a scheduled break.

How to begin:

- Each participating worksite must have at least 6 employees pre-registered to schedule a worksite message session. An ongoing standing weekly, biweekly or monthly schedule can be established with commitment from both worksite and massage therapist.
- Each participating worksite will need to have an employee to serve as coordinator. They will be responsible for choosing an approved vendor (list provided by Employee Wellness), establishing a date and time for the massage session, scheduling a private room (preferably with some natural light), pre-registration, sign in, and participant evaluations.
- Employee Wellness will provide communication templates for advertising, a pre-registration template and evaluations.
- Each massage therapist is licensed and carries individual liability insurance. The therapists will provide tables or chairs, lotions, cleaning supplies, business cards, towels, sheets and music.
- Each massage therapist must be on the approved provider list. All providers must meet the standard insurance requirements by Risk to provide services on County property. These include Massage License, Workers Comp, General Liability and Auto Liability.

If you would like to offer this program at your worksite or have additional questions, please contact your wellness champion or the Wellness Program at 464-4049 or wellness@pinellascounty.org.