

10-minute Chair Massage Benefit

YOUR PLAN FOR HEALTH AND THE OSU HEALTH PLAN OFFERS A 10-MINUTE DEPARTMENT CHAIR MASSAGE BENEFIT

A 10-minute chair massage can do wonders to relieve stress and tension and alleviate neck and shoulder pain. Through the OSU Health Plan, departments can request complimentary, on-site chair massages for benefit-eligible staff once a year. Scheduling a department chair massage event is easy—just send an email request to yp4h.clinicalservices@osumc.edu. The calendar fills quickly, sometimes months in advance. If you're planning a department event, please email yp4h.clinicalservices@osumc.edu today.



- Normal event hours are 10 a.m. to 3 p.m., Monday through Friday. Off-shift events can be scheduled Monday through Thursday during the hours of 6 a.m. to 11 a.m.; 2 p.m. to 7 p.m.; and 6 p.m. to 11 p.m. with additional OSU Health Plan approval and guarantee from requesting department management that at least 14 to 16 people will schedule and participate.
- To accelerate the confirmation of your request for this high-demand benefit, we ask that you include in your email at least three (3) different dates your department prefers to receive this benefit. Someone will review the requested dates and confirm one of your dates or offer other scheduling options.

Additional Information

- This benefit is a once-a-calendar-year benefit available to all OSU/OSUWMC employees eligible for benefits through The Office of Human Resources.
- Everyone receiving the benefit will be asked to complete a BWC waiver stating participation in this employer-sponsored recreational activity is voluntary.
- There are space regulations for this event. Please ensure your department event is held in a quiet, private open space (uncluttered) that is at least 8x8 (the size of an area rug) to accommodate the massage equipment.
- Therapists are scheduled to provide 14 to 16 massages a day; if your department has more benefit-eligible employees, you may request additional dates. No more than two (2) dates will be scheduled sequentially.
- Should your department have less than 14 employees or less than 14 employees register for an appointment, we encourage your department to join with another small department in the area.