Lifestyle Redesign®
FOR ERGONOMICS

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:
- Assess your working posture
- Modify your office layout to better fit your needs
- Implement strategies to better manage chronic pain
- Understand and prevent injuries
- Adjust your current equipment to better fit your body
- Identify behaviors outside of work that contribute to ergonomics
- Identify specific ergonomic equipment to use
- Enhance your sense of well-being at work
- By providing a written report of your evaluation

How much will this take?
An ergonomic evaluation typically takes 45-60 minutes and is conducted at your office workstation, in your home or via telehealth.

How much will this cost?
Ergonomic evaluations of the home and workplace may be covered through insurance. Self-pay options are available.

USC Employees: Ergonomic evaluations are a free benefit for all USC employees. Departments are responsible for the purchasing of any equipment.

Find out more at chan.usc.edu/otfp
For any questions, email otfp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.