



# Lifestyle Redesign<sup>®</sup>

## FOR ERGONOMICS

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**USC Occupational Therapists use Lifestyle Redesign<sup>®</sup> 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

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#### **How much time 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](http://chan.usc.edu/otfp)  
For any questions, email [otfp@med.usc.edu](mailto:otfp@med.usc.edu),  
call (323) 442 - 3340 or fax (323) 442 - 3351.**

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