COEDWIG & CO.

The Wellness Ledger

NERVOUS SYSTEM SUPPORT FOR MODERN TEAMS.

Modern work asks a lot from the human body. Long hours at a screen, constant notifications, tight shoulders, clenched jaws, decision fatigue, and nervous systems that rarely get the chance to fully exhale.

The Wellness Ledger is a flexible workplace recovery program by Coedwig & Co. designed to make wellness support simple, usable, and genuinely restorative.

Companies preload a monthly wellness balance employees can use toward onsite chair massage at the office or recovery services at Coedwig & Co. inside York Street Yards, including both chair massage and full-body massage sessions.

- No complicated systems.
- No unused wellness apps.
- Just intentional recovery support for the humans behind the screens.

The Reset

FOUNDATIONAL SUPPORT FOR SMALL TEAMS

$500/MONTH

- flexible employee redemption
- use toward:
  - onsite chair massage
  - chair massage at Coedwig & Co.
  - 60-minute session
  - 90-minute session
- month-to-month flexibility

MOST POPULAR

The Recovery

BALANCED SUPPORT FOR GROWING TEAMS

$1,250/MONTH

- expanded monthly wellness ledger
- quarterly onsite chair massage day
- priority scheduling
- flexible use at Coedwig & Co.
- mix of onsite and in-studio services

The Regulation

ONGOING RECOVERY SUPPORT FOR HIGH-PERFORMANCE TEAMS

CUSTOM PRICING

- premium wellness ledger
- monthly onsite chair massage day
- priority scheduling
- additional therapist support for larger teams
- flexible employee redemption at Coedwig & Co

HOW IT WORKS

1. FUND THE LEDGER

Choose a monthly wellness amount that fits your team.

2. EMPLOYEES BOOK RECOVERY TIME

Employees can redeem services onsite at the office or schedule chair massage and full-body massage sessions at Coedwig & Co.

3. WE HANDLE THE REST

Scheduling, setup, coordination, and wellness support are managed directly through Coedwig & Co.

- ONSITE CHAIR MASSAGE
- CHAIR MASSAGE AT COEDWIG
- 60 — 60-MINUTE SESSIONS
- 90 — 90-MINUTE SESSIONS
- FLEXIBLE SCHEDULING
- YSY EXCLUSIVE AVAILABILITY

Because regulated humans work better.

Recovery supports focus, creativity, morale, stress management, retention, and workplace culture.

And unlike most corporate wellness perks, **employees actually use this one.**

LET'S BUILD YOUR WELLNESS LEDGER

Support the human behind the screens with recovery that feels intentional, restorative, and easy to access.

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COEDWIG & CO.

Wellness support for modern humans.

SCAN TO BOOK YOUR MASSAGE.

BECAUSE REGULATED HUMANS WORK BETTER.

COEDWIG & CO.

How It Works

1. Fund the Ledger

Choose the monthly wellness amount that fits your team.

2. Employees Book Recovery Time

Employees can schedule recovery services online.

3. We Handle the Rest

Coedwig manages scheduling, set-up and coordination.

Why Teams Love It

BECAUSE REGULATED HUMANS WORK BETTER.

Focus

Creativity

Morale

Stress Management

Retention

Workplace Culture

The Reset

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