RTW PLUS

Return to Function, Wellness and Work



Improving outcomes with innovative & proactive rehabilitation

Phone: 0203 916 0091 Email: info@rtwplus.com Web: www.rtwplus.com

OUR SERVICES

At RTW Plus, we pride ourselves in delivering bespoke, wrap-around health & wellbeing solutions which are based on cutting-edge research and next generation technologies. Our services are available to employers, the NHS, private companies and individuals.



CASE MANAGEMENT
Services for Personal Injury

Our experienced case managers facilitate recovery and expedite return to work utilising evidence-based interventions as well as dedicated software tools and algorithms.



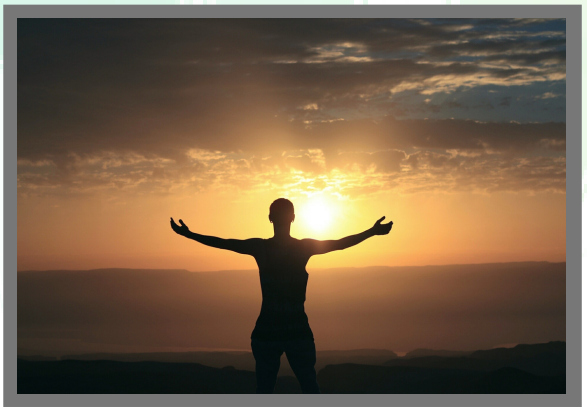
VOCATIONAL CONSULTANCY
Individual Return to Work Services

Our specialist vocational consultants utilise functional testing methods and evidence-based practices to help people stay in work or return to work after ill health or injury.



RTW Plus ConneXions
Nationwide Rehabilitation Network

Our network developed with the vision to promote interdisciplinary care with neurological and orthoapedic trauma specialists from across UK.



PAIN MANAGEMENT
Services for managing chronic pain

Our stepped approach to chronic pain management using a behaviour modification approach means we can provide appropriate intervention for each client with chronic pain.

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CASE MANAGEMENT

Immediate Needs Assessment

Our INA is a holistic and comprehensive assessment designed to identify the immediate needs of clients who have suffered complex to catastrophic injuries.

A suitably qualified RTW Plus case manager will undertake a face-to-face assessment with the client and prepare a fully costed report, outlining the recommended rehabilitation plan for the client.

The INA process enables early assessment and identification of the client's needs and facilitates access to rehabilitation and support at the earliest opportunity, thus maximising their chances of regaining their independence and returning to employment.

We accept joint referrals under the Rehabilitation Code (2015) as well as single instructions from claimant solicitors. Telephone assessments are also available for clients with moderate injuries.



INA

In-depth assessment for serious injuries

Case Management

Our experienced complex and catastrophic case managers work collaboratively with clients and their treating clinicians, employer and other stakeholders to coordinate evidence-based recovery services and facilitate their rehabilitation and return to work.

RTW Plus adopts a biopsychosocial approach to case management, ensuring that the client's needs are fully understood and accommodated at home, work and in their wider social context.

All our case managers have greater than 10 years' injury management experience and our catastrophic team specialise in brain, complex orthopaedic, spinal, amputation and poly-trauma injuries.



Case Management

Coordination of recovery & return to work

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CASE MANAGEMENT

Telephone Triage

RTW Plus' Telephone Triage service enables the early identification of, and provision of support for clients who have sustained minor injuries and need support with remaining in, or returning to work. Our trained triage professionals are health and vocational specialists who are able to assess injured clients' needs within 1 working day of referral and identify an appropriate rehabilitation pathway; expediting their return to full function and work productivity and significantly reducing the cost of absenteeism for employers.

Recommendations will vary depending on the nature of the client's injuries and rehabilitation needs, but may include a bespoke self-management programme, monitoring plan or further assessment.



Tele Assessment

Expedited recovery for moderate injuries

Minor Injury Management

For those with delayed recovery and return to work owing to minor injuries, Minor Injury Management (MIM) is a treatment coordination service which enables clients to access to the latest, evidence-based private treatment and diagnostic services across the UK.

RTW Plus operate an extensive network of private treatment and diagnostic providers who subscribe to our values and stringent quality assurance requirements.

Trained triage professionals will contact each client to discuss their specific needs and preferences, refer the client to an appropriate provider, monitor their progress and report outcomes to the referring party(ies) once the intervention or investigation is complete.



Treatment Services

National diagnostic & treatment provision

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VOCATIONAL CONSULTANCY

Vocational Assessment

Vocational Assessments are in-depth interviews that evaluate an individual's current vocational situation and make recommendations to enable retention of, or return to work. Assessments are tailored to each individual, but may include evaluation of their qualifications, work history, transferable skills and local labour market.

Vocational Assessments are ideal for individuals who:

- Have been off work for an extended period with limited or no contact with their employer
- Have been made redundant on the grounds of incapacity, or
- Need help identifying what type of work or training they could pursue

The assessment includes a detailed report outlining the assessment findings and fully costed recommendations.



Vocational Assessments

Assessments to support workability

Vocational Consultancy

All our vocational consultants have greater than 10 years' experience of helping individuals to remain in, or return to work or productive activity after illness or injury. They work collaboratively with the client, their employer and other stakeholders and support them to achieve their vocational goals.

This may include:

- Functional and/or vocational assessments e.g. FCE
- Development of graded return to work plans
- Implementation of reasonable adjustments
- Support with job seeking, CV development and interview skills
- Identification of a new vocational pathway and training opportunities



Work Support

Facilitating return to work and career redirection

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VOCATIONAL CONSULTANCY

Functional Capacity Evaluation

A Functional Capacity Evaluation (FCE) is an objective assessment, which uses standardised tests, observation and clinical reasoning to determine an individual's physical capability and ability to perform specific tasks and/or work roles.

Utilising the Matheson FCE System, the assessment involves the client undertaking a clinical interview and being asked to perform various physical tasks, such as lifting or bending, which are observed and measured by a specialist FCE assessor. Findings and future recommendations are included in an extensive report.

FCEs can determine fitness for work & identify strategies to enable retention of, or return to, work.



Functional Assessment

Optimise worker comfort & productivity

Job Demands Analysis

A Job Demands Analysis (JDA) is a systematic assessment used to quantify and evaluate the demands of a specific job role. These demands can then be matched to a worker's capabilities to determine their fitness for work, identify reasonable adjustments and facilitate the development of graded return to work plans.

Conducted at the workplace by one of our experienced case managers or vocational consultants, a JDA involves a thorough assessment of the identified work role. This may involve the assessor conducting interviews with workers, reviewing job descriptions and other relevant paperwork as well as observing and (where possible) measuring specific job tasks. Findings and recommendations are included in a detailed report.

FCEs and JDAs are often used together to facilitate a graduated return to work.



Specialist Services

Occupational rehab, training & consultancy

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RTW ConneXions

TREATMENT NETWORK

Bringing together the best clinicians in the UK to deliver positive outcomes for Complex and Catastrophic Injury

RTW Plus operate an extensive network of private treatment and diagnostic providers who subscribe to **our values and stringent quality assurance requirements**. We have developed our network based on careful selection, vetting and relationship building, putting the clients first. We value flexibility, openness and collaboration as the foundation for achieving quality outcomes.



Trained triage professionals contact each client to discuss their specific needs and preferences, refer client to an appropriate provider, monitor their progress and report outcomes to the referring party(ies) once the intervention or investigation is complete.

For those clients that otherwise might not be able to access clinics, we provide V+EHAB through virtual rehabilitation.

BREAKING SILOS IN REHABILITATION THROUGH INTERDISCIPLINARY CARE

Orthopaedic Trauma Specialist Services

- Complex Orthopaedic Physiotherapy
- Clinical Psychology
- Counselling/ Psychotherapy
- Occupational Therapy

Neurological Specialist Services

- Neuro/ Paediatric Physiotherapy
- Neuropsychology
- Counselling/ Psychotherapy
- Neuro/ Paediatric OT

PAIN MANAGEMENT

Empowered Relief

Developed at Stanford University, Empowered Relief™ is an evidence-based, single-session pain class that rapidly equips patients with pain management skills.

There has been increasing awareness that having a unhelpful negative thinking (catastrophisation) can prime individuals for chronicity.

Through this single session intervention, we provide an overview of the understanding of pain, why we hurt and how we can utilise behavioural strategies to overcome the unhelpful negative thinking, manage pain and fatigue, and enhance wellness.

Empowered Relief has been shown to reduce medicine intake after surgery, improve pain outcomes and achieve similar results as 8 weeks of CBT.



Empowered Relief

Group training on behavioural approach to wellness

ReVitalise

Self management and implementing behavioural change strategies can be challenging for some people, specially early in their pain journey when they may be looking for an organic cause of their pain.

ReVitalise provides a bespoke 1:1 virtual intervention for 4 sessions identifying the specific challenges of the individual, setting SMART goals with them and helping them embed the learning and strategies into their daily life.

ReVitalise builds upon the behaviour change strategies of Empowered Relief and trains individuals in specific skills of self management to ensure sustained outcomes through a develop a personalised toolkit of practical, evidence-based strategies.



ReVitalise

1:1 Support for self-management skills

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PAIN MANAGEMENT

RESTORE

RESTORE holistically combines technology, evidenced based behavioural science and clinical supervision to achieve successful outcomes for patients.

A vital differentiating characteristic is integrating modular pain neuroscience education and behaviour modification with 1:1 specialist clinical and peer support and 24/7 health coaching.

RESTORE provides personalised support to the patients, through a Health App supporting the 8-week programme empowering patients to take control of their pain; giving a pain team in the patient's pocket.

RESTORE overcomes the significant waiting times of NHS, inhibitory prices of private specialist pain management programmes delivering improved patient outcomes, ease of access and shorter treatment lifecycle through virtual services delivering significant value of money.



RESTORE

Combining technology & behavioural science for intensive pain management

Guided Behaviour Change Over 8 Weeks of RESTORE

1	2	3	4	5	6	7	8
Recognising your pain	Resources for change	Remedy & treatment	Recovery Planning	Rethink Your pain	Resilience Building	Reflection	Realising your future

RETHINK PAIN ✦ REGAIN CONTROL ✦ RESTORE LIFE

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Twitter: https://twitter.com/rtwplus

RTW PLUS

Empowered Relief

Train your brain away from pain

RETHINK PAIN **REGAIN CONTROL** **RESTORE LIFE**

What is Empowered Relief?

- Single session class to reduce pain-related distress/intensity, stress, fatigue, sleep problems etc.
- Delivered over 2 hours virtually or in person in group settings.
- Developed by a Stanford University pain psychologist and scientist.
- Cutting-edge evidenced based treatment with similar results to that of 16 or more hours of CBT
- Empowered Relief compresses the most important pieces of information into this one-time class.

Why Empowered Relief?

- Learn about pain and what you can do to help yourself!
- Gain pain relief skills you can use right away
- Receive a free binaural relaxation audiofile
- Create a personal plan for pain relief
- Bring a friend or family member with you!

Empowered Relief Criteria Success

- You can read, speak & write English
- You have a tablet or computer with Internet
- You are experiencing pain, fatigue or stress
- You can commit to 2 hour pain management class
- Join the class with an open mind!
- A commitment to practice the strategies learnt

1 Participants

Your referral can be accepted from GP's, case managers, solicitors & other stakeholders including self referral as an individual with pain, stress or fatigue

2 Pain Management Screening

In discussion with our pain management team, together you will decide if Empowered Relief is the right approach for you

3 Invitation to Empowered Relief

Once agreed you are invited by email to join either in person or virtually one of our scheduled pain classes

4 Empowered Relief Commitment

You will learn from Empowered Relief Certified Trainers, techniques for managing symptoms and provided with tools to practice independently

5 Follow up at 3 & 6 months

We ask that you complete our follow up contacts so we can measure the effectiveness for you and where indicated, you can join the class again

6 Recovery & Your Future

Empowered Relief is yours for life! Practicing the strategies learned in class is key to achieving and maintaining positive results.

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RTW PLUS

RETHINK PAIN ✚ REVISE CONTROL ✚ RESTORE LIFE

RESTORE

PAIN MANAGEMENT



- Benchmarked to International Association for the Study of Pain
- Integrated behavioural medicine programme for pain
- Unique Health and Edcuation App based platform
- Access to learning sessions and activities over 8 weeks
- 1:1 support from a certified RESTORE pain professional
- Leading edge Health Coaching delivered in realtime online
- Provides objective outcome data for quality improvement

The Burden of Chronic Pain

Over 8 million people with disabling chronic pain in UK

Significant waiting times for specialist pain services

People in pain are desperate for help!

What is the RESTORE programme?

RESTORE is a unique chronic pain reduction programme inspiring healthy habits to live with long-term.

RESTORE combines neuro-science education, behavioral change with personalised health coaching support

RESTORE is the most engaging and effective way to reduce disabling chronic pain

RESTORE facilitates return to work and normality

RESTORE gives access to an innovative Health App which makes it even easier for patients to stay engaged

For more information or to send a referral, please email rehab@rtwplus.com or call 0203 916 0091

RESTORE

WEEK

1. Recognising your pain
2. Resources for change
3. Remedy & treatments
4. Recovery planning
5. Rethink your pain
6. Resilience building
7. Reflection
8. Realising your future

Better Behaviours Bring Benefits



RESTORE YOURSELF

- Access evidenced-based education & coaching
- Complete lessons & activities in a mobile format
- Connect 24/7 via "Chatbox" &/or telephone
- Synchonise to wearable device to track progress
- Evidence based objective outcome measures



TAKE CONTROL BACK FROM CHRONIC PAIN

- Action plans for accounability
- Reduced pain & medicines
- Improved emotional well-being & sleep
- Better quality of life
- Readiness for successful return to work

A PERSONAL PAIN TEAM IN YOUR POCKET

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RTW PLUS

ReVitalise - strategies for managing chronic fatigue & pain

RETHINK PAIN **REGAIN CONTROL** **RESTORE LIFE**

What is ReVitalise?

- An online modular coaching programme with weekly 1.5 hour sessions over 4 weeks.
- Combines the science of behaviour change with personalised 1:1 support by your pain clinician.
- Focuses on learning skills and strategies to enable self-management of pain & fatigue.
- Training techniques to overcome unhelpful beliefs and attitudes towards pain and wellbeing.
- Delivered by Allied Health Professionals certified in the delivery of RESTORE pain management.

Why ReVitalise?

- The ReVitalise teaches strategies to prevent/manage catastrophisation, fear avoidance and pacing.
- It is tailored around individuals' challenges and goals they value.
- Evidenced based action planning & outcome measures to demonstrate behaviour change.
- ReVitalise develops self-management skills to embed positive strategies in daily activities.
- Allows increased activity levels to enjoy a better quality of life.

ReVitalise Criteria for Your Success

- Aged between 18 - 65 years.
- Ability to read, speak & write English.
- Access to a laptop/ desktop device with Internet.
- Pain, fatigue or stress is interfering with doing the things you love
- Desire/require support to learn & implement self management skills for behaviour change

1 Participants

Your referral can be accepted from GP's, case managers, solicitors & other stakeholders including self referral as an individual with chronic pain

2 Pain Management Screening

In discussion with your pain professional you will decide if ReVitalise is the right approach for you

3 Introduction to ReVitalise

Support with onboarding to understand the learning framework & time required to achieve successful outcomes

4 Treatment Commences

Guided through the learning pathway throughout the 4week ReVitalise programme

5 Follow up at 3 & 6 Months

We ask that you engage with our follow up contacts so that we can measure the effectiveness of your bespoke programme

6 Recovery & Your Future

Together with your ReVitalise Professional build strategies for your longterm recovery goals

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CASE MANAGEMENT

Case Management

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Injury Management

Treatment coordination for minor injuries

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Work Assessments

Assessments to facilitate workability

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CASE MANAGEMENT

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Treatment Services

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VOCATIONAL CONSULTANCY

Vocational Consultancy

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This may include:

- Functional and/or vocational assessments e.g. FCE
- Development of graded return to work plans
- Implementation of reasonable adjustments
- Support with job seeking, CV development and interview skills
- Identification of a new vocational pathway and training opportunities



Case Management

Coordination of recovery & return to work

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Ergo Assessment

Optimise worker comfort & productivity

Job Demands Analysis

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Conducted at the workplace by one of our experienced case managers or vocational consultants, a JDA involves a thorough assessment of the identified work role. This may involve the assessor conducting interviews with workers, reviewing job descriptions and other relevant paperwork as well as observing and (where possible) measuring specific job tasks. Findings and recommendations are included in a detailed report.

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Our approach to

MANAGING MINOR INJURIES

When managing minor injuries, RTW Plus' core focus is to return injured individuals to optimum function and quality of life. The RTW Plus Telephone Triage identifies the most appropriate and cost-effective form of intervention based on the individual's clinical presentation, biopsychosocial needs and personal goals. Latest evidenced-based analytic, virtual, telephone and face-to-face interventions are then deployed, delivering rehabilitation and return to work solutions that are goal-driven, flexible and cost-effective.

EARLY NOTIFICATION RESULTS IN LOWER COSTS & INCREASED RETURN TO WORK RATES

Early capture of condition information allows RTW Plus to provide evidence-based projections of likely lengths of time away from work. These projections are based on the degree of injury, treatment and co-morbid conditions, such as diabetes, obesity and smoking, which can have profound negative effects upon recovery.

Our clinical guidelines and analytics are designed to improve and benchmark return-to-work performance and facilitate quality care, whilst highlighting inappropriate service utilisation to reduce treatment delays. Evidence-based guidelines span the continuum of minor through to complex injury, supporting clinical decisions, return to work, care planning, and facilitating communications between providers and instructing parties.



When treatment services are needed, RTW Plus' network of treatment and diagnostic providers (including physiotherapists and psychologists) provide a stepped-care model of service delivery. Our triage professionals and case managers support the client telephonically to ensure a biopsychosocial approach and our service delivery is underpinned by robust clinical governance processes, ensuring we continually meet our high quality standards and service level agreements.



https://www.mcg.com/odg/

V+EHAB for Virtual Physiotherapy

it's not just for MSK!

Specialist Physiotherapy

Utilising medical technology through virtual reality, video and 'an app' , RTW Plus are delivering real results to patients who otherwise might not be able to access treatment. Building function, builds confidence!

Accelerating recovery & return to function

WHAT SUPPORT IS AVAILABLE?

The nature of the physiotherapy programme will depend on the severity of injuries and individual circumstances. We work with minor injuries, such as MSK and single bone fracture through to complex injuries like multiple trauma, amputation and neurological issues.

We will assess the case based on the medical records and a brief triage with the injured party or their case managers before accepting a patient into our service; quality service delivered safely is our mantra!

1

Referral to RTW Plus

Email referral form with medical or physio notes: rehab@rtwplus.com

2

Clinical Triage

We will evaluate eligibility for remote physiotherapy on a case by case basis before accepting referrals

3

Technology Preparation

One of our Rehab Coaches will introduce the Rehab Client to use of technology & provide ongoing support

4

Video Physio Assessment

Report with recommendations provided for funding authorisation

5

Treatment Commences

Once authorised, we will implement the programme and support recovery

6

Recovery and Analysis

When rehab goals are met or the patient reaches max recovery we will analyse outcomes and share data.

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RTW PLUS

EMPOWERED RELIEF ✦ REVITALISE ✦ RESTORE



A Stepped Approach to Pain Management

Empowered Relief *For clients with complex illness/injuries & pain*

- First line intervention
- For clients at risk of chronic pain
- Single group session
- Focus on pain catastrophisation
- National Institute for Health funded randomised control trial found Empowered Relief had similar outcomes to 8 weeks CBT.

ReVitalise *For clients early in their chronic pain journey*

- 4-week bespoke programme with 1:1 virtual or F2F sessions
- NICE recommended interventions including Acceptance Commitment Therapy / Cognitive Behavioural Therapy / Pacing / Graded Exposure.
- Identification & management of factors augmenting chronification, catastrophisation & fear avoidance
- Provide skills to regain activity & function

- Duration and timeframes of programmes can be altered to suit client needs
- All programmes require access to internet

For more information or to send a referral, please email info@rtwplus.com or call 0203 916 0091

RTW PLUS

EMPOWERED RELIEF ✦ REVITALISE ✦ RESTORE

A Stepped Approach to Pain Management



RESTORE

For clients with entrenched chronic pain issues

- 8 weeks intensive programme with over 60 hours of intervention
- Bespoke 1:1 sessions
- Supported learning management system
- 24/7 health coaching
- Wearable syncing
- Fortnightly reporting
- Pain neuroscience education, behaviour modification, resilience building, stress, sleep, nutritional support, sensory regulation, vocational focus
- Ongoing access to platform

RESTORE

ELIGIBILITY CRITERIA

- AGE 16+
- DURATION OF PAIN CONDITION > 3 MONTHS
- ENGLISH SPEAKING & BASIC READING LEVEL AGE 12
- ACCESS TO SMARTPHONE WITH INTERNET ACCESS
- ACCESS TO A WEARABLE DEVICE
- POSITIVE ATTITUDE TOWARDS ONLINE LEARNING & SUPPORT
- COMMITMENT TO 1 HOUR A DAY
- PAIN READINESS FOR CHANGE ASSESMENT

EXCLUSION CRITERIA

- SEVERE ORGANIC PSYCHOLOGICAL CONDITION E.G. PSYCHOSIS
- UNSTABLE MEDICAL CONDITIONS
- RECENT/ PLANNED TREATMENT OR HOSPITALISATION

For more information or to send a referral, please email info@rtwplus.com or call 0203 916 0091

RTW ConneXions

Bringing together the best clinicians in the UK to deliver positive outcomes for Complex and Catastrophic Injury

We have an extensive network of specialist clinicians providing physiotherapy, psychology and occupational therapy for complex orthopaedics or neurological conditions for adults and children.

But if you have any special requirements or circumstances and you would like to speak to us prior to referral, please contact us on rehab@rtwplus.com or call 0203 916 0091 for a confidential, no-obligation discussion.

- Nationwide network specialising in complex injury
- Promoting self-management skills where possible
- Driving quality through collaborative approach with our network providers and their case managers

RTW PLUS

1 **Referral Online**
https://rtwplus.com/send-a-referral or email referral to rehab@rtwplus.com

2 **Acknowledgement**
We will email you within 1 working day with our reference number.

3 **Initial Contact With Client**
RTW Connexions team contacts the client within 2 working days

4 **Clinician Allocation**
Specialist clinician requested is allocated within 2 working days

5 **Initial Assessment**
Completed within 7 working days; report provided within 10 days of assessment

6 **Treatment & Discharge**
Authorised sessions implemented. Final report within 10 days of last session.

Tel: +44 (0) 203 916 0091 - Email: info@rtwplus.com - Website: www.rtwplus.com
Tintagel House, 92 Albert Embankment, London, SE1 7TY

RTW ConneXions

TREATMENT NETWORK

RTW Plus operate an extensive network of private treatment and diagnostic providers who subscribe to **our values and stringent quality assurance requirements**. We have developed our network based on careful selection, vetting and relationship building, putting the clients first. We value flexibility, openness and collaboration as the foundation for achieving quality outcomes.



Trained triage professionals contact each client to discuss their specific needs and preferences, refer client to an appropriate provider, monitor their progress and report outcomes to the referring party(ies) once the intervention or investigation is complete.

For those clients that otherwise might not be able to access clinics, we provide **V+EHAB** through virtual rehabilitation. We also deliver Functional Capacity Evaluations and Functional Restoration Programmes

Orthopaedic Trauma Specialist Services

Complex Orthopaedic Physiotherapy

Assessment £65
Sessions £55

Clinical Psychology

Assessment £180
Sessions £150

Counselling/ Psychotherapy

Assessment £150
Sessions £130

Occupational Therapy

Assessment £120
Sessions £100/hour

Neurological Specialist Services

Neuro/ Paediatric Physiotherapy

£120 per hour

Neuropsychology

Assessment £2000
Sessions £250

Counselling/ Psychotherapy

Assessment £150
Sessions £130

Neuro/ Paediatric OT

Assessment £150
Sessions £120 per hour

**Pricing may vary based on location. Domiciliary services will incur additional travel costs*

PAIN MANAGEMENT

Empowered Relief £75

Empowered Relief™ is an evidence-based, single-session pain class that rapidly equips patients with pain management skills providing an overview of the pain; why we hurt and how we can utilise behavioural strategies to overcome the unhelpful negative thinking, manage pain and fatigue, and enhance wellness.

Empowered Relief has been shown to reduce medicine intake after surgery, improve pain outcomes and achieve similar results as 8 weeks of CBT.



Empowered Relief
Ideal for introducing pain science and behaviour change to clients

ReVitalise £750

Self management behavioural change strategies can be challenging for some people, especially early in their pain journey when they may be looking for an organic cause of pain.

ReVitalise provides bespoke 1:1 virtual intervention over 4 modules identifying and training individuals in their specific challenges, developing their personalised toolkit of practical strategies and by setting SMART goals with them to help them embed the learning into their daily life.



ReVitalise
1:1 support for developing self-management skills for those with low self-efficacy

RESTORE £4000

RESTORE holistically combines technology, evidenced based behavioural science and clinical supervision to achieve successful outcomes for patients with deeply entrenched pain behaviours. A vital differentiating characteristic in **RESTORE** is integrating modular pain neuroscience education and behaviour modification with 1:1 specialist clinical and peer support and 24/7 health coaching supported by a Health App empowering patients to take control of their pain.

Through ease of access and shorter treatment lifecycle, RESTORE delivers significant value for money and overcoming significant NHS wait times whilst delivering improved patient outcomes,



RESTORE
Intensive 8 week programme for those entrenched pain behaviours

Phone: 0203 916 0091 Email: info@rtwplus.com Web: www.rtwplus.com