



## Wellness Services

Creating a Healthy Workplace

**Health Happens Here.** Custom wellness programs are designed to match the goals and the needs of each work place, through a combination of preventive, occupational, and environmental health initiatives. Our employee wellness programs seamlessly integrate health promotion activities, health risk assessments, biometric screenings and wellness interventions to optimize the health and performance of the workforce. Program elements are customized to employer objectives with targeted features focused on employee health and wellness. These programs can be fresh start-ups or tailored to enhance current wellness programs.



### How to get started.

- Designate a Wellness Team.
- Incorporate a representative from all departments/areas.
- Determine wellness budget, based on a dollar amount per employee or a designated total.
- Monthly meetings are helpful to keep interest and build a strong program.

### Offered Services

- *Mini Screenings* •

Includes height, weight, BMI calculations, waist circumference, blood pressure, minimum of 10 employees.

\$100 per hour

- *Nutrition Counseling* •

One on one counseling session to assess and target specific health needs.

\$100 per hour

- *Lunch and Learns* •

Offering employees a chance to learn during the work day can increase participation in a wellness program.

\$75-\$150 per session

### Lunch and Learn Sessions

25-50 minutes to accommodate lunch times. If a topic of interest is not listed below, it can be developed.

- *Do you know how to DASH?* •

Dietary Approach to Stop Hypertension

- *Simplify Nutrition* •

Are you overwhelmed with trying to eat healthy?

- *Mealtime Toolkit* •

Techniques to help provide balanced family meals while decreasing stress at mealtime.

- *Diabetes Education and Prevention* •

Guidelines to help yourself or a family member better control their blood sugar.

- *Eat More, Weigh Less* •

Techniques to eat until full without added calories.

Lead your employees toward optimal health and performance.

