

## Wellness Programming

Waverly Health Center works with employers to identify employee health risks before they lead to serious health issues. We recognize that every employer's needs, interests and resources are different so we work with you to create a program that works best for your organization. Our employer wellness services are comprehensive, inexpensive and easy to implement. We make wellness programming easy for you in a way that gets employees interested in improving their health and benefits the organization's productivity and bottom line.

## Benefits of Wellness Programming

- Decreased health care and disability costs
- Improved employee productivity and morale
- Enhanced corporate culture and image

**WAVERLYHEALTH**  
— C E N T E R —

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# Corporate Wellness Programming



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## On-Site Wellness Screenings

A wellness screening assesses general health risks. Corporate wellness screenings are offered on-site for employee convenience. Following the screening, employers will receive a group aggregate summary report. All wellness screening results are confidential and HIPAA compliant.

Tests offered:

- 23-test profile (includes lipid profile)\*
- Prostate (PSA)
- Thyroid (TSH)
- Body Composition
- Blood Pressure

\*12 hour fast required

## Wellness Coaching

Wellness coaching helps participants take an inventory of their current wellness, create a vision or set goals for the future and build critical steps to achieve success.

Participants will work one-on-one with their coach while exploring their current wellness status and developing goals for lasting lifestyle change.

This basic approach simplifies health and wellness into a manageable process.



## Education

Waverly Health Center has a knowledgeable staff who can relate real life issues into easy-to-digest group based lessons that are fun and interactive.

Sample Education Topics Include:

- Nutrition
- Movement and activity
- Stress and anxiety management
- Diabetes self-management
- Behavior change
- Goal setting and motivation
- Various medical conditions such as heart health, cholesterol, blood-pressure, etc.
- Additional education requests are welcomed

## CPR

American Heart Association Heartsaver CPR & AED certification courses are available at Waverly Health Center or on-site. To schedule initial certifications or renewals, please call (319) 352-4939.

## Tobacco Cessation

Creating a tobacco free workforce is one of the most beneficial things a workplace can do for the health of their organization. Waverly Health Center has certified tobacco educators who can assist in guiding staff members to tobacco free living. In addition, assistance is available for strengthening workplace tobacco and nicotine use policies.

## Wellness Program Coordination

Wellness programs within the workplace can be extremely beneficial for both employees and employers when planned and implemented properly. There are key components of wellness programs that lead to high wellness program participation and optimal outcomes; however these things can be easily overlooked and lead to wasted time and resources and uninterested or confused employees. Waverly Health Center staff are experienced in planning, implementing and coordinating successful wellness programs that lead to healthy and happy organizations.

