



MENU OF WORKSITE WELLNESS SERVICES

Worksite Wellness/ Prevention Services

Business Health Services is the window through which employers can interact with the Gundersen Health System. You value your employees and want to be partners in their care. We help businesses of all sizes develop and implement programs that meet your unique needs. We work with departments throughout the system and related service providers to offer you a quick, convenient contact point for all your business health needs.

Wellness Operation Plan & Coordination

Assist employer in assessing current wellness state and developing a tailored plan based on identified health and wellness goals for the following year. Coordination of on-site programming & communications.

Personal Health Assessment (PHA)*

Individual, confidential survey available on-line or paper used to assess employee health habits and risk factors, and to identify priority areas for improving the health of your workforce.

**Discounts may apply to Gundersen Health Plan Groups*

Wellness Program Outcomes & Evaluation

Work with business to develop tools that track and measure the effectiveness of wellness efforts and to review health assessment and screening data.

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On-site Screenings

Tests conducted to discover individuals at risk for specific health conditions or disease states. Typical choices include:

- Blood Pressure
- Cholesterol
- Glucose / Diabetes
- Body Composition/Body Mass
- Screening result consultations
- Bone Density/Osteoporosis
- Influenza (flu) vaccinations
- Hepatitis vaccinations
- Tetanus vaccinations
- Skin cancer

Wellness Consultations

Specialist available on-site to review results (PHA and screening) with individuals and provide recommendations

Health Fair Displays

Health services to promote preventive care, medical exams, early detection and to educate employees on health and wellness. Gundersen Health System will assist in selection of topics based on your company and known employee risk factors.

Behavior Change Programs

Outcome based, proven effective programs aimed at modifying at-risk behaviors such as smoking and obesity that will help control healthcare costs. Choices include:

- Journey to Freedom – Nicotine Cessation
- Winning Weighs® – Nutrition
- DeStress – Stress reduction
- Smartest Loser –Weight Loss/Physical Activity

Standards Based Program Development/Coordination

Programs requiring participants to meet health-related standards to obtain an incentive, reward or discount.

Employee Wellness Challenges

Four to twelve week programs designed to motivate employees to make health improvements in areas such as physical activity, nutrition or stress.

Policy Development

Assistance with writing, implementing and enforcing policies regarding tobacco/nicotine, alcohol, nutrition, wellness, etc.

Wellness Coaching

Partnership between an employee and a Health Coach with the objective of assisting them to achieve their personal wellness goals. Choices include:

- Individual Coaching
- Group Coaching

Environmental Assessments

Assessment and recommendations for improving current physical and cultural environment and policies.

Choices include:

- Physical Activity
- Nutrition
- Nicotine

Ergonomic Assessments

Assessment is to improve productivity, quality, safety and worker comfort by making practical ergonomic improvements in the workplace. Choices include:

- Individual
- Facility

Lifestyle Awareness/Education

On-going health and wellness information given to the employer for dissemination in the form(s) of email, table tents, bulletin boards, newsletters, etc.

Presentations/Trainings/ Demonstrations

Presentations, trainings, demonstrations to employees ranging from 20-60 minutes. Topics are customized based on requests/identified risks.

For more information on any of these services, contact Gundersen Business Health Services at (608) 775-8700 or email businesshealthservices@gundersenhealth.org.

GUNDERSEN HEALTH SYSTEM®

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