

Corporate Wellness



For more than 20 years, Jewish EmployCare has offered comprehensive, cost-effective occupational health care and now we are proud to offer a Corporate Wellness program. Our Corporate Wellness program offers a flexible approach in supporting companies with their employee wellness needs.

Our programs are customized to fit each company's needs and may include components such as:

- **Health Screenings**
- **Educational Programs**
 - *Healthy Eating*
 - *Lifestyle Modification*
 - *Heart Disease*
 - *Diabetes*
- **One-on-One Counseling**
- **A Health Advisor**
- **Access to Specialized Physicians**
- **Access to Specialized Programs**
 - *Diabetes Care*
 - *Sleep Care*
 - *Bariatric Care*



Jewish EmployCare Corporate Wellness program is staffed by registered dietitians and nurses with in-depth medical knowledge to offer your company a high level of expertise. To learn more about what we can do for your company and to request a Corporate Wellness program package proposal, call 502-451-0337.



Jewish EmployCare



A Service of Jewish Hospital
& St. Mary's HealthCare

www.jhsmh.org/employcare

Wellness Services

One-on-One Dietitian Sessions

Are you interested in losing weight, eating healthier, and feeling better? Then sign up for our dietitian services offered at one of our many convenient locations throughout Jefferson County.

All participants will meet one-on-one with the dietitian to address your individual health and nutrition needs. The initial consultation will be for one hour and follow-up sessions (if needed) can vary in length from 30 minutes to one hour. Topics can include:

- **Weight Loss Counseling**
- **Managing your Diabetes with Diet**
- **Cholesterol Control**
- **Blood Pressure Control**
- **Healthy Diet Changes**
- **Lifestyle Modification/Coaching**
- **Disease Specific Diets**
- **Eating Disorders**

All nutritional services are provided at reasonable rates, and many insurance plans cover nutritional services with a physician referral. Our team will assist you in determining your benefits.

Session fees cover time spent with the dietitian, weight and measurements, and any instructional materials provided.

Meetings with the dietitian are available by appointment and will be provided in a private one on one setting.

Talk to your doctor if you are interested, or call Jewish Diabetes Care at **502-361-6025** to schedule an appointment with the dietitian. We are committed to making this a worthwhile and cost effective program to help you achieve a healthy lifestyle.



Jewish Physician Group

www.jhsmh.org

502-361-6025

