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PHO members and their employees are eligible for the Corporate Membership rate. Call or contact Kathy Mentone for details: 630-275-2986 or Kathy.Mentone@advocatehealth.com.

GOOD SAMARITAN Health and Wellness Center



Good Samaritan Health and Wellness Center receives *Distinguished Achievement Award* from the Medical Fitness Association

The Medical Fitness Association (MFA) recently announced that the 2007 *Distinguished Achievement Award* has been granted to the Good Samaritan Health and Wellness Center. This award is presented to medical fitness facilities that clearly serve as benchmarks for the industry and whose results others can emulate.

The only one in DuPage County

Presented yearly since 1996, facilities are evaluated based upon membership composition statistics; clinical services integration; unique programs; and community service. Good Samaritan Health and Wellness Center is one of only four Centers in Illinois ever to have been recognized, and the only facility in DuPage County.

Excellent clinical programs

The Wellness Center was recognized for three programs in the clinical services integration/unique programs section:

- **The 13th Week**, a collaboration with the hospital's CV Service product line to provide continuing services to cardiac rehab graduates;
- **Diabetes and Exercise**, a collaboration with the hospital's Diabetes Education Center, to provide ongoing activity, group support, monitoring and exercise for those with diabetes;
- **Pampered Pregnancy**, a collaboration with the hospital's Women and Children's service line to provide ongoing fitness and wellness opportunities for new moms and families both before and after baby's birth.

Excellent benefits to members

The award also recognizes the Wellness Center for the benefits provided to the community it serves in both direct service

and as a role model for other fitness centers. In those two capacities, the Wellness Center

- hosts health fairs and free cholesterol and other screenings;
- hosts an average of two community education events per month;
- offers charity memberships to those who cannot afford to pay;
- offers innovative programming in the areas of childhood obesity and heart disease in women through grant sponsorship; and
- publishes a monthly newspaper column featuring a Good Samaritan physician for the local paper.

It's an environment of quality

In addition, the Wellness Center was also recognized with a "**Checkmark for Quality**" from the subscribers of Chicago Consumers' Checkbook Magazine. The environment of quality at the Wellness Center is reflective of the entire scope of quality healthcare services available from Advocate Good Samaritan Hospital.

Like the Wellness Center, the hospital is also noted for quality. The hospital has been recognized by Solucient® as a Top 100® Heart Hospital; by Care Science as a Top Hospital for Acute Myocardial Infarction; and by the American Heart Association for the Heart Walk Partnership Award.

Recommend the best

Consumers of health and fitness services have many choices. But fitness centers are not all created equal. Overall quality of services should be one of the deciding factors when recommending and choosing a fitness facility.

You can recommend the Wellness Center with confidence. That's because the Medical Fitness Association confirms what is already known: Good Samaritan is the best place to receive clinical care and the best place to get fit and stay fit.

The MFA is an international organization, and is affiliated with the American Hospital Association. The Distinguished Achievement Awards are given out annually to those fitness facilities, programs and professionals deserving of recognition for their achievements and contributions to the growing medical wellness industry. www.MedicalFitness.org

Contact Diane Ahern, Marketing Manager, at 630-275-2782 or Diane.Ahern@advocatehealth.com.

The only one!

Only one fitness center in DuPage County recognized for excellence by the Medical Fitness Association.

Only one fitness center with a proven track record of helping individuals safely make the lifestyle improvements they seek.

Only one fitness center with the professional staff with credentials to provide the best of care.

Only one Good Samaritan Health and Wellness Center, conveniently located on the hospital campus.