Wellness at Work

Engaged, healthy employees are your company’s greatest asset. Helping your employees achieve their health and wellness goals can lead to higher morale, improved productivity and greater loyalty to your brand.

Culture of Health
As a quality-driven, leading health care provider and a large employer ourselves, Advocate Health Care, understands the relationship between a corporate culture of health and success. Drawing from the experience of our vast physician network, we design customized preventative screenings and other Wellness programs to bring about healthy lifestyle changes for your employees, based on their unique needs and interests. We perform thorough assessments and apply data analytics to develop programs that will have the greatest impact on each employee’s health status and your bottom line.

Biometric Screenings
- Blood pressure
- Blood screenings (fingerstick and venipuncture panels)
- Body composition
- Body mass index
- Height
- Weight

Other Screenings
- Bone density
- Resting metabolic rate
- Skin health
- Sleep

Health Fair Services
- Table top displays with interactive visuals, educational materials, inspirational and motivational demonstrations

Topics may include:
- Disease prevention
- Ergonomics
- Fitness
- Heart health
- Nutrition
- Sleep
- Stress management
- Tobacco cessation

Speaker’s Bureau Services
- Lectures on a variety of health and wellness topics:
  - Disease status (diabetes, hypertension, etc.)
  - Fitness
  - Heart health
  - Men’s health
  - Nutrition
  - Sleep
  - Stress management
  - Women’s health

Massage Therapy
(Conducted by Certified Massage Therapists)
- Table and Chair Formatted Offerings

Educational Demonstrations
- Cooking
- Desk stretches
- Workstation set-up

Behavior Change Programs
- Onsite fitness classes
- Relaxation
- Tobacco cessation
- Weight management

The goal of Advocate at Work is to target solutions that lower health care costs and promote a healthy workplace.