

## Helping Employees Embrace a Healthy Lifestyle and Reduce Health Care Costs

### Logansport Memorial Workplace Wellness Services:

- Health Fair and Site Visits
- Wellness Employee Meetings
- Health Risk Assessment
- Full Biometric Health Screen
- Clinical Health Coaching (Multidisciplinary Staff)
- Health Education Events and Presentations
- Wellness and Fitness Challenges
- Smoking Cessation Classes
- Ergonomic Evaluations
- Fitness Testing
- Monthly Wellness Newsletter
- Wellness Committee Consultation
- The Epworth Sleepiness Scale
- Spirometry

“The Wellness Team from Logansport Memorial Hospital has been instrumental in the success of our program. They have provided critical guidance and advice to help us set up and continually improve our plan, in addition to the health coaching and hands-on services. It has resulted in considerable, measurable improvements in the wellness of our team and their families. After several years, our wellness program has caused a major cultural shift in awareness, which should continue to yield many positive results in the years to come. It is a shift that is highly appreciated by all involved.”

Jim Steinberger, *CEO*, Steinberger Construction



Long Term  
Wellness  
Through Sound  
Plan Design

Building on 80 years of service, we've developed programs that incorporate healthcare best practices. The result is a healthier workforce that's more productive and requires fewer acute care services.

Logansport Memorial Hospital - The Best Choice

Please call 574.753.1473 to talk to our Wellness Consultant.