

# Employer Health Management Services 2018 Offerings

Employer Health Management Services has provided onsite, evidenced-based services to Vermont businesses for more than 25 years. We strive to ensure the best experience possible by handling all of the details and implementing onsite screenings from start to finish. Relationships are developed, trust is built and events run smoothly. We are out to prove that by providing better, more positive screening experiences, employees will be more engaged with your wellness initiatives.

## TOP FIVE EHMS WELLBEING PROGRAMS THAT ENHANCE YOUR EMPLOYEE'S HEALTH AND WELLBEING IN 2018

Employees who participate in wellness programs are energetic, engaged and happier co-workers. These employees make great strides toward managing stress, eating better, staying active and quitting smoking. Most important, they share a sense of community and camaraderie with their co-workers. As a result, they are more engaged and involved in the success of their team and the company. Here are some popular program that enhance your current wellness initiatives:

1. Offer a quarterly blood pressure screening: Every blood pressure screening includes a brief results review, coaching and recommendations to improve modifiable risk factors.
2. Schedule a flu vaccine clinic for 2018: on-site clinics are cost effective and convenient for your employees.
3. Create opportunities for social interactions: offer a workshop, physical activity break or "Mindfulness at Work" workshop or retreat.
4. Provide momentum following the biometric screening: review your company results with your wellness and leadership team and utilize recommendation to target interventions.
5. Ask a Ergonomics Health Coach to visit your site and effectively manage computer and workstation postural discomfort with some easy fixes that help employees immediately.

## HEALTHIER LIVING SELF-MANAGEMENT WORKSHOPS

These self-management workshops are designed to help people build confidence in their ability to manage their own health and maintain active, fulfilling lifestyles. These free workshops can be implemented at your work-site if space is available. The trained group facilitators are able to run groups in the following areas:

- **Diabetes Prevention and Management:** Learn ways to become more active, lose weight and get support to help you in decreasing your risks associated with diabetes.
- **Quitting Smoking:** Receive support for quitting smoking with a group of peers who are also trying to quit.
- **Emotional Wellness:** A self-designed prevention and wellness process that anyone can use to get well, stay well and make life the way you want it to be.
- **Chronic Disease Management:** Learn how to make choices to live healthier with a chronic disease and lower your risk of related health problems.
- **Chronic Pain Management:** Learn ways to reduce your chronic pain and manage the related issues like trouble sleeping.

For a free consultation, contact Erin Covey, Program Coordinator, [erin.covey@uvmhealth.org](mailto:erin.covey@uvmhealth.org) or (802) 847-7255.

## INTEGRATIVE HEALTH

Integrative Health is an approach-to-care that emphasizes on the whole person. EHMS can help you enhance your current Wellness programming with holistic approaches to renew your workforce by connecting you with experienced, professional practitioners who focus on best practice and evidence-based modalities, such as: Yoga, Massage, Aromatherapy or non-pharmacological pain management education. Let us know what your needs are to develop a custom tailored educational and renewal program for your company.

## AFTER MY HEALTH SCREENING—WHAT'S IN MY NUMBERS?

One of the most commonly missed opportunities we see with worksite wellness is that no plan exists to address the results obtained from biometric screening data. Knowing your numbers is important to knowing your health status and it can be a great starting point for setting a health goal. This foundational class explains each aspect of the biometric screening and why these results matter to participants. We will talk about what each of the major biometric means, how to set realistic goals and give tips to naturally address each.

## SOCIAL MEDIA

The University of Vermont Medical Center and UVM Health Network offers many contests and prizes to help your employees lead healthier lifestyles. These are free to participate in and cover topics from sleep and emotional wellbeing to physical activity and nutrition. Employees can participate from the comfort of their homes and enter to win great prizes from our community partners. Join us on Facebook at <https://www.facebook.com/UVMMedicalCenter/> to participate in our fun and informative challenges. Subscribe to our blog at <https://medcenterblog.uvmhealth.org/> for information on a wide array of health and wellness topics.

## WORKSHOPS FOR TODAY'S CULTURE

EHMS offers a variety of workshops to meet the needs of your company's workforce. These are just a few that we offer:

- What is Mindfulness?
- Men and Women's Health
- Tobacco Cessation
- Advance Directives
- Stress Management & Renewal
- Nutrition

## FOR MORE INFORMATION

Contact EHMS today for more information on our offerings or to discuss any customized services or educational opportunities for your staff by calling (802) 847-2827 or email [EHMS@UVMHealth.org](mailto:EHMS@UVMHealth.org)

**Website:** [UVMHealth.org/EHM](http://UVMHealth.org/EHM)