

Workplace Wellness

Health & Wellness Programs

- **Biometric Wellness Screening**
 - Lipid profile and blood glucose
 - Blood pressure readings
 - Body Mass Index (BMI) assessment

- **Lunch and Learn Sessions**
(Examples)
 - Eating Healthy on the Run
 - Managing Stress
 - Making Healthy Food Choices
 - Exercise and Your Health: Easy Ways
 - To Increase Your Activity
 - Grocery Store Tour

- **A1C Testing**

- **Cotinine Testing**

On-Site Vaccinations

Bring the vaccines and testing your employees need to your workplace.

- Hepatitis A
- Hepatitis B
- Influenza (seasonal)
- Pneumonia
- Tetanus with Whooping Cough (Tdap)
- Tuberculosis (TB) Testing
- Shingles

Please contact Vaccination & Wellness Services Coordinator
at vaccclerk@vnastl.org for more information.

314-918-7171 ext. 1246

www.vnastl.org

