

**Workplace Wellness**

**Health & Wellness Programs On-Site Vaccinations**

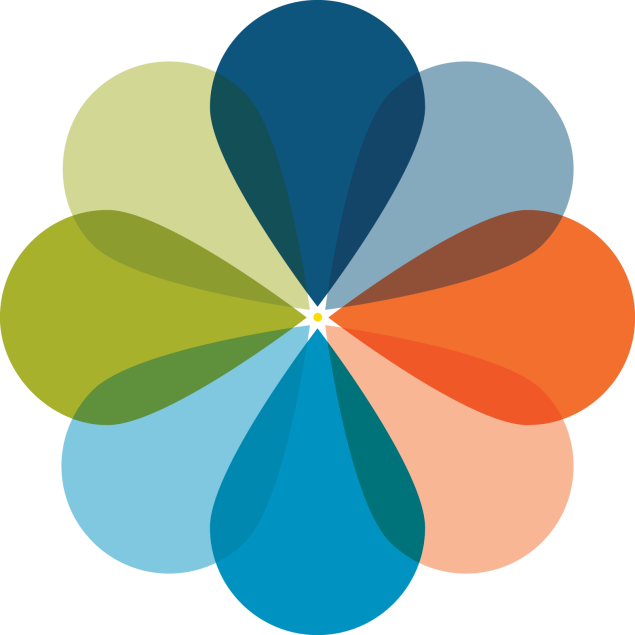
* **Biometric Wellness Screening**
* Lipid profile and blood glucose
* Blood pressure readings
* Body Mass Index (BMI) assessment
* **Lunch and Learn Sessions** (Examples)
  + Eating Healthy on the Run
  + Managing Stress
  + Making Healthy Food Choices
  + Exercise and Your Health: Easy Ways
  + To Increase Your Activity
  + Grocery Store Tour
* **A1C Testing**
* **Cotinine Testing**

**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 Manager Vaccination & Wellness Services**

***at*** [***ncounts@vnastl.org***](mailto:ncounts@vnastl.org) ***for more information.***

***314-918-7171 ext. 1246***

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