

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** (such as)
 - Living Well with Diabetes
 - Eating Healthy on the Run
 - Managing Stress
 - Making Healthy Food Choices
 - Living Well with High Blood Pressure
 - Exercise & Your Health: Easy Ways To Increase Your Activity

- **A1C Testing**

- **Health Risk Assessments**

- **Bone Density Screening**

- **Cotinine Testing**

- **Eat Smart Grocery Store Tours**

- **Medical Nutrition Therapy**

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

Please contact Emily Selhime at eselhime@vnastl.org
for more information.

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