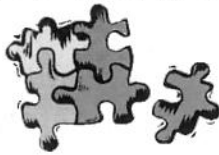


Our Philosophy

The Livingston Worksite Wellness Partnership is a group of local agencies believing worksite wellness is health care reform that works. We are ready to guide employees on the road to good health, regardless of how large or small the workplace is. Healthy mental and physical lifestyle changes mutually benefit employer and employee. We can help the worksite be a place that promotes health. Worksite health promotion stands out as the long term answer for keeping employees well and productive.



The Healthy Heart Grant

A Healthy Heart Grant received from the New York State Department of Health will enable the partnership to expand its current worksite wellness initiatives.

Stress Management Coalition Grant

The partnership works in coordination with the Stress Management Coalition facilitated by the Mental Health Association. This coalition provides educational workshops to address the needs of any community organization or worksite experiencing stress. This grant was received from the Genesee Valley Health Network.

WHAT WE OFFER

Wellness Programs Education & Consultation Programs

30 - 45 minutes on:

Substance Abuse
Mental Health
Nutrition and Health Issues
Physical Activity
Stress Management
Smoking Cessation
Heart Disease Education
Injury Avoidance
Lung Disease/Asthma
Communication

Family Issues
Diabetes Education
Eldercare Issues

Consultation: Advice and support for new policies and healthier workplaces.

Health Screenings

Blood Pressure Screening
Cholesterol Checks*
Glucose Checks*
Tetanus Shots
Posture Checks
Flu Shots*
% Body Fat Measurements
Stress Control Biofeedback
Depression Screening

All provided at your place of business at times convenient to you and your employees

* There is a small fee for this service to cover the cost of materials.

What does enrollment cost?

The annual fee per worksite is based on the number of employees

Up to 50 - \$ 50.00
51 - 100 - \$100.00
101 - 150 - \$150.00
151 - 200 - \$200.00
200 + - \$250.00

Employers are expected to provide the time for employees to attend programs while at work.

What does enrollment include?

- A minimum of 2 and a maximum of 5 wellness programs will be provided within a one year contract (any additional programs will be \$20.00 per program)
- Consultation to support healthy workplaces
- One health screening within the year

**LIVINGSTON WORKSITE
WELLNESS PARTNERSHIP**