

Why Work Well?



On average, full-time, working Americans spend more than one-third of their day, five days per week, in the workplace. The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.

Contact us today to learn how to implement effective wellness programs in your workplace.

SERVING TEN COUNTIES:

Crawford County
501 Norway Street
Suite #1
Grayling, MI 49738
(989) 348-7800

Mecosta County
14485 Northland Drive
Big Rapids, MI 49307
(231) 592-0130

Missaukee County
6180 W Sanborn Street
Suite #1
Lake City, MI 49651
(231) 839-7167

Kalkaska County
625 Courthouse Drive
Kalkaska, MI 49646
(231) 258-8669

Newaygo County
1049 Newell Street
White Cloud, MI 49349
(231) 689-7300

Lake County
5681 S M-37
Baldwin, MI 49304
(231) 745-4663

Manistee County
385 Third Street
Manistee, MI 49660
(231) 723-3595

Oceana County
3986 N Oceana Drive
Hart, MI 49420
(231) 873-2193

Mason County
916 Diana Street
Ludington, MI 49431
(231) 845-7381

Wexford County
521 Cobb Street
Cadillac, MI 49601
(231) 775-9942



The mission of District Health Department #10 is to promote and enhance the health of our communities and environment through protection, prevention, and intervention.



www.dhd10.org



***Making
Wellness Work!***



We're here to help you create a worksite wellness program from the ground up, or just provide best practice recommendations to improve your existing program.

Programs/Prices

Worksite Wellness Consulting | **\$50/hour**

First meeting is FREE

Topics include:

- Forming a wellness committee
- Environmental assessment
- Action planning for change
- Developing employee interest surveys

Onsite Wellness Screenings | **\$45/participant**

Height, Weight, BMI, Blood Pressure, Total Cholesterol, HDL, Glucose Measured

Lunch & Learn Presentations | **\$50/hour**

(If cooking demo included, must also cover cost of food)

Diabetes Prevention Program | **\$450/participant**

- Sliding fee scale available, based on income
- Can bill some insurances
- Worksite sponsored group rates available

Tobacco Cessation Services | **\$75/participant**

- Sliding fee scale available, based on income
- Worksite sponsored group rates available

Options include:

- Group classes - minimum 5 participants
- Individual counseling
- Hybrid program

Onsite Flu Clinics | **\$38/participant**

- Minimum 5 participants
- Can bill most insurances
- Financial assistance may be available for uninsured individuals
- Additional immunization questions answered by registered nurse

Questions?

Contact Maegan Buchanan

(231) 876-3811

mbuchanan@dhd10.org

Benefits of Healthy Employees

- Improved Health
- Reduced Absenteeism
- Improved Morale
- Increased Productivity
- Reduced Healthcare Costs
- Stronger Worker Relationships

