

# 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

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

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

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

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

**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](http://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 Priority Health Insurance
- 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?

Please contact Katie Miller  
(231) 316-8567  
kmiller@dhd10.org

## Benefits of Healthy Employees

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

