

Wellness Works for You

Custom Programs for a Happier, Healthier Workplace.

Ask the NURSE

Personal one-on-one Wellness Coaching and Health Management

Program Components:

Ask the Nurse, is an onsite Nursing program providing the opportunity for your employees to seek Wellness Coaching and medical advice - referrals from a medical professional that they are familiar with and trust.

A Registered Nurse with wellness coaching knowledge and experience available at your workplace, to your employees, at scheduled weekly or monthly times.

The RN will provide:

- Wellness advice and recommendations to maintain good health, improve health and prevent future illness:
 - i.e. physical fitness guidelines, goal setting
 - information regarding proper nutrition
 - stress reduction interventions
 - age appropriate screenings guidelines and referrals
- Chronic health problem management:
 - i.e. High Blood Pressure, High Cholesterol, Diabetes, Cancer, Asthma
- Medical advice for common health concerns:
 - i.e. allergies, respiratory illnesses, mental health issues, muscular-skeletal problems and more
- Basic health screenings:
 - i.e. Blood Pressure screenings. Body Fat Analysis and BMI.

COST: Onsite Registered Nurse:

\$75.00/hr. includes Medical Director Services