

Corporate Wellness

by Lowell General Hospital



Lowell General Hospital's Center for Community Health & Wellness is pleased to introduce a comprehensive Corporate Wellness program that brings our high quality care and professionalism to your workplace. From health screenings to monthly lunch and learn programs, we bring together our best resources in order to help maintain a healthy corporate community.

Every year, employers across the country spend billions of dollars in healthcare benefits for their staff. Companies that have employees with moderate to high levels of health risk factors are likely to spend more. We will work directly with your company to help define a corporate wellness strategy that will meet the needs of your staff and fit within your budget.

Programs Include:

- Participation in Corporate Health Fairs
- Biometric Screenings
- Lunch & Learn Sessions
- Educational Tables
- Freedom from Smoking Classes

Screenings Include:

Blood Pressure

This screening can go a long way in helping determine your cardiovascular health. A healthcare provider will take your blood pressure and explain what your numbers mean.

Waist to Hip Ratio

Did you know that people who carry most of their weight in their mid-section area risk for heart disease? A quick measure of your waist and hips will let you know if you are at risk or not.

Full Cholesterol Panel w/ Glucose (blood sugar)

A drop of blood will be able to give you a full cholesterol panel and glucose reading including total cholesterol, HDL, LDL, and Triglycerides. This 10 minute screening uses a finger stick to obtain a blood sample.

Glucose

This quick screening provided you with a glucose number that can help assess your diabetes risk. A small blood sample will be obtained.

Body Mass Index

A BMI screening will assess your weight in relation to your height. This quick test uses a hand-held device to measure your BMI score. Excess weight is a risk factor for heart attack, stroke, diabetes, and cancer. You could be within normal weight limits and have a high percentage of body fat which is an indicator for cardiovascular risk. BMI and Body Fat are assessed at the same time during this screening.

Pulse Oximetry

A monitor is placed on your finger to measure your oxygen saturation. This is helpful to screen for pulmonary disease.



Lunch and Learn Topics Include:

Presented by Lowell General Hospital Staff

Exploring the Mediterranean Diet- This program covers the basic characteristics of the Mediterranean Diet, lifestyle habits, health benefits, differences from other diets, research studies, meal planning, information about the practical use of the Mediterranean, and how to incorporate it into your daily life.

Friends and Family CPR- Anyone can learn CPR, and everyone should! Effective bystander CPR given immediately after sudden cardiac arrest can double or triple a victim's chance of survival. This program is designed for those who want to learn basic CPR and life-saving skills.

Get Med Smart- Learn the importance of having accurate and up-to-date medication records, techniques for proper medication storage, how medications should be taken, and more from a clinical pharmacist.

Healthy Snacking- Snacking at cookouts, sporting events, holidays, and everyday life can be tasty but also high in calories and fat. Put a new twist on snacking, keeping your health in mind! As we steer you away from high-calorie, high-fat traditional options toward healthier delicious suggestions, we will provide you with some ideas for healthy foods to be served at a tailgating party or anytime!

Heart Health and Cardiovascular Disease- Heart Disease is the number one killer of men and women in the United States. Learn about various aspects of cardiovascular disease including physiology of heart disease, risk factors for coronary heart disease, methods for preventing heart disease, and treatment options.

High Cholesterol- Learn about cholesterol and the difference between HDL, LDL, and triglycerides. Discussion will include the role cholesterol plays in the development of cardiovascular disease, how a few changes in daily habits can improve cholesterol levels, the different types of medications available, and how they work to lower cholesterol and triglyceride levels.

Hypertension- Learn the basics about blood pressure, what the numbers mean, what contributes to hypertension, how it affects your body, and discover steps you can take to prevent and control high blood pressure.

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Acupressure for Stress Management

Learn about the ancient healing art of Acupressure and a simple technique that promotes stress reduction. Acupressure stimulates the same points as acupuncture, but instead of using needles, it utilizes gentle, firm pressure on specific acupuncture points to release tension, promote circulation, heighten relaxation, and stimulate the body's natural pain-relieving chemicals to restore harmony.

Feeling Stuck- Are you feeling overwhelmed, or like you aren't getting anywhere? This interactive workshop provides techniques for getting "unstuck". Reduce personal and professional challenges into manageable steps, increase self-confidence, feel less stressed, and have fun doing it!

Self-Hypnosis: The Five Minute a Day Stress Buster- Learn a safe and effective five-minute hypnosis technique that helps alleviate stress, enhance deep relaxation and provides self-improvement and healing.

Zentangle- Zentangle is an easy to learn, relaxing method of creating beautiful images from repetitive patterns that reduce stress and increases focus, creativity, and well-being.

