



MOUNT CARMEL
Corporate Health & Wellness





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What is Corporate Health and Wellness?

A COACH SAID IT BEST: you win with people. Whether it's a team or a company, people make it work. Of course, the opposite is true as well. Employees can make your organization successful or insolvent, and, whatever the outcome, it's a practical certainty that maximizing manpower played a major part.

Making the most of your human resources is why we created Mount Carmel Corporate Health and Wellness. It's our mission to help you maintain the prosperity of your organization by maintaining the health of each and every employee.

To that end, we offer a unique group of services that addresses every aspect of employee health and wellness:

- **People Management and Development Services** — Offer employees the means to address problems, get advice and support, learn, and improve their overall health, while giving employers access to professionals who can help them resolve organizational conflict.
- **Occupational Health Services** — Help you take care of employees who have suffered from on-the-job injuries or illnesses, and provide testing and examinations to help you meet OSHA and other guidelines.



- **Wellness Services** — Bring the latest in healthful ideas to your door so that employees can take advantage of educational offerings, health screenings, and other services easily and cost-effectively.

While it's our aim to keep the cost of a healthful workplace affordable, Mount Carmel Corporate Health and Wellness takes it one step further. We actually want to see your organization profit from its health and wellness investment. And taking care of the men and women who take care of you will ensure that you do.

To learn more, call a sales associate at 614-546-3323 or email corporatehealthsales@mchs.com.





MAKING CERTAIN your employees can perform at their best means helping them maintain or improve their physical, mental and emotional health. Mount Carmel Corporate Health and Wellness fills that role by giving your employees the tools and resources they need to help themselves — and your business — succeed.

Coaching

Research shows that training increases productivity by 22.4 percent. However, training followed by coaching boosts that figure to 88 percent. Coaching helps employees develop better interpersonal relationships; increase their ability to cope with change and stress; develop more effective communication skills; enhance time management skills and work/life balance; deal with and resolve conflict; and increase their performance and productivity.

Through our health, life and business coaching programs, Mount Carmel can ensure that your employees, supervisors, and top-level executives have the skills and resources to reach their highest level of personal and professional potential, which will ultimately help you achieve a healthy and productive work environment.

If healthier, happier employees and lower medical costs would be good for your business, an EAP is an ideal benefit. And if an expert partner would be good for your company, Mount Carmel EAP is an ideal provider.

Employee Assistance Program

The true value of an Employee Assistance Program lies in the partner you choose to provide it. With over 25 years' experience and 80 EAP contracts covering over 90,000 lives nationwide, Mount Carmel has the strength, expertise and flexibility to make your EAP valuable for your employees and their dependents, and beneficial to your business.

Your customized Mount Carmel EAP can include features like:

- Employee orientation
- Manager orientation
- Wellness programs
- Monthly newsletter
- CISD
- Unlimited management consultation
- Flexible session model
- Gateway model
- Organizational consultation
- Work-life benefits
 - Legal
 - Financial
 - Child Care
 - Elder Care

Behavioral Health Counseling

Mount Carmel's highly trained, independently licensed behavioral health counselors assist individuals, families and groups with challenging life situations which can cause clinically significant distress or impairment in social, occupational or relational situations. Together they provide a benefit that can help make sure your employees are engaged, productive and satisfied.



CareLine (24/7 Nurse Line)

Staffed by specially trained registered nurses, our CareLine is a unique “on-call” service that offers a library of accurate health education and information on a variety of adult and pediatric health topics and home treatment options for common symptoms. Plus, callers can speak directly to a nurse to discuss their health concerns and options.

On-call assistance is one more way to help employees make better health care decisions. And better decision making can lead to fewer emergency room visits, fewer physician appointments, and, ultimately, lower health care costs.

Health Risk Assessment

Our Health Risk Assessment is a simple benefit that helps employees identify health risks, offers suggestions to improve their lifestyle, points out the benefits of good health habits, lets them know where they're doing well, shows them how they've made improvements over time, and gives them information they need to take charge of their health.

Stress, Resiliency or Depression Assessments

Every year, over 50 million North Americans suffer from feeling and mood disorders like stress, anxiety and depression that affect their mental health. We offer screenings that help identify the signs and symptoms so your employees can get the help they need in order to be productive at work.

AT MOUNT CARMEL Corporate Health and Wellness, we offer quality management of work-related injuries and illnesses, and deliver a variety of other services that can increase the safety and well being of your employees.

Work-Related Injury and Illness Care

When work-related injuries occur, you want your employees to receive the best care possible. That's why Mount Carmel, a BWC Certified Provider, has specially trained medical professionals and a board-certified occupational medicine physician on staff. The quality care they provide gets employees back to work as safely and as quickly as possible.

PROGRAM FEATURES

- Patient case management
- Proactive treatment plans
- Convenient scheduling
- Timely treatment plan reports

WORK-RELATED INJURY SERVICES

- Initial and follow-up injury care
- Second opinion evaluations
- Return-to-work evaluations
- Independent medical examinations

Occupational Health Services

With a full range of services and timely results reporting, Mount Carmel can coordinate a seamless delivery of care to your business.

EXAMS

- Pre-employment exams
- Annual physical exams
- Return to work
- Wellness exams
- Firefighter and police exams

SUBSTANCE ABUSE TESTING

- Multiple-panel drug screens
- Certified medical review officer services
- Breath alcohol testing
- Substance abuse program information

All drug screens are processed through a Substance Abuse and Mental Health Services Administration certified laboratory.

DEPARTMENT OF TRANSPORTATION TESTING

- DOT physicals
- Random selection administration
- DOT 5-panel drug screens
- Certified medical review officer services
- Breath alcohol testing

Fitness Testing

If the tasks required of your employees require a high degree of physical fitness, Mount Carmel offers these important fitness assessments:

- Performance VO₂ testing
- Resting metabolic rate
- Body composition
- Flexibility, strength and endurance test

Medical Surveillance

Mount Carmel Occupational Health also can alleviate the frustrations of managing regulatory compliance. With our one-stop service for all of your regulatory and surveillance needs, it will be easy for you to stay responsive to the latest guidelines and mandates.

EXAMS

- OSHA surveillance exams
- Respiratory clearance exams
- Hazardous materials exams

SCREENINGS/TESTS

- Heavy metal screenings
- Pulmonary function testing
- Hearing tests/audiograms
- Chest x-rays
- EKGs
- Laboratory tests

Additional Services

We don't stop with the basics, either. We offer a wide selection of additional services that make managing your business that much easier.

IMMUNIZATIONS AND TESTING

- TB skin test
- Hepatitis B vaccination series
- Flu shots

ON-SITE SERVICES

- Nurse coverage
- Physician coverage
- Drug testing

BILLING

- Easy-to-read monthly invoices
- Easy, convenient payment processing
- Credit card payment (VISA, MasterCard, Discover)

Our Locations

Mount Carmel has three convenient Occupational Health Center locations to serve you, and each is open Monday - Friday, 8:00 a.m. - 4:30 p.m.

■ NORTH

(At Westar Health Center)

444 North Cleveland Avenue, Suite 220
Westerville, Ohio 43082
614-234-4029

■ EAST

(On the Mount Carmel East Campus)

5969 East Broad Street, Suite 307
Columbus, Ohio 43213
614-234-7090

■ WEST

(At Arlingate Plaza)

4171 Arlingate Plaza, Suite 18
Columbus, Ohio 43228
614-278-3000





MORE THAN 75% OF companies with 50 employees or more now provide wellness programs as an investment in their employees and a means to reduce health care costs.



The fact is, healthy employees take fewer sick days, make fewer hospital visits, and stay fewer days when they do. And studies show companies can save \$3 to \$5 for every dollar they spend on corporate wellness. Worksite wellness is professional health detection and promotion. It's a proven approach aimed at helping employees change their lifestyles and move toward a state of optimal health. And when they do, they improve the quality of their lives and you get lower health care costs, fewer lost workdays, increased productivity and improved employee retention. Everyone wins.



Considerable Experience

For more than 18 years, Mount Carmel has been partnering with companies like yours to create worksite wellness plans, programs and events. Each is developed and delivered by top-flight health care professionals and backed by the full resources of one of central Ohio's largest health care systems.

Customized Plans

The best plans are invariably the ones that are tailored to the specific challenge at hand. That's the way our wellness services work as well. We work in partnership with you to create a customized plan to meet the health and wellness goals of your company and its employees.

We can help from the initial assessment phase, all the way through the intervention and outcomes phases (Chart 1). A variety of services are available from which to create your customized plan. Here are some of them:

HEALTH RISK ASSESSMENTS

- General health assessment
- Depression/stress/resiliency assessment
- Heart risk assessment

HEALTH SCREENINGS

- Total cholesterol with HDL
- Total lipid profile (total cholesterol, HDL, LDL, triglycerides and glucose)
- Glucose (blood sugar)
- Bone density/osteoporosis
- Body composition analysis
- Blood pressure

FITNESS SCREENINGS

- Resting metabolic rate
- Flexibility
- Strength
- Endurance

EDUCATIONAL LECTURES

We can provide informative educational presentations at your worksite. You can choose from a wide range of health-related topics including, heart health, nutrition, stress management, fitness and more.



COACHING

Perhaps the most important component in keeping your team focused and motivated on its health and fitness goals is coaching. We make coaching available as a group activity or on an individual basis, and through the process, employees deepen their learning and understanding about themselves and improve their performance, health and quality of life.

DIABETES MANAGEMENT PROGRAM

Diabetes can be dangerous if it's not properly managed. We educate your employees on the signs, symptoms, and dangers of diabetes, as well as the latest treatment methods.

EXERCISE CONSULTATION

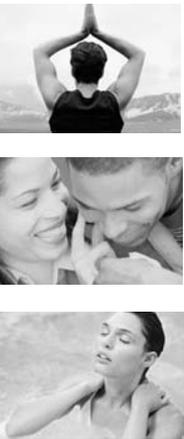
With every hour of regular exercise, we gain almost two hours of life expectancy. Our expert exercise physiologists can work with your employees one-on-one or in a group setting to discuss their health and fitness goals and how to reach them through regular exercise. Our fitness experts will assist them with lifestyle modifications, provide suggestions and challenges to improve their training, and answer their fitness questions.

EXERCISE DEMONSTRATIONS

Sometimes seeing is believing. That's why we provide on-site demonstrations of a variety of exercises, including yoga, Pilates, T'ai chi and others.



Chart 1: Wellness Program Planning Guide



EXERCISE PRESCRIPTION

A prescription identifies a medical need and how to address it. We look at exercise the same way. That's why our exercise physiologist develops written fitness plans for your employees. Due to the unique needs and interests of each employee, each prescription will be different. But the ultimate goal in each case will be the successful integration of exercise principles and behavioral techniques in each employee's life.

MAMMOGRAPHY

We also make private on-site mammograms available through our mobile coach.

MASSAGE THERAPY

Massage is therapeutic, so we offer presentations on the benefits of massage and team them with on-site "chair" massage and/or on-site full body massage by appointment.

NUTRITIONAL COUNSELING

Food is fuel, and to operate at our best, we need the good stuff. Our licensed dietitian offers individualized counseling to help your employees eat their way to better health.

ONLINE WELLNESS RESOURCE CENTER

We believe that self-care is an effective health preservation strategy for employers, employees and their dependents. Our online resource center provides interactive online health tools designed to support health awareness, education and intervention in the workplace and at home.

SMOKING CESSATION PROGRAM

Quitting smoking is one of the fastest ways to improve cardiovascular health. Our certified counselors can provide your employees on-site assistance using the highly successful SmokeStoppers program.

STRESS MANAGEMENT/HARDINESS PROGRAM

Stress is a powerful force, and it needs to be counteracted. We offer education to help employees examine their relationship to stress and give them tools to fight it.

WALKING PROGRAM

Walking is the simplest and most sustainable physical activity you can do to effectively improve your heart health. Our ten-week walking program will take your employees through the Appalachian Trail by walking in teams of four to eight. They'll travel over 2,000 miles in fourteen different states, with a daily goal for number of steps. They'll also receive bi-weekly newsletters with progress updates and tips to help them stay motivated.

WEIGHT MANAGEMENT PROGRAMS

Losing weight is on most everyone's get-healthy to-do list. So Mount Carmel offers a variety of on-site weight-related programs for groups and individuals, including specific health assessments, screenings and diet counseling.

WORKPLACE STRETCHING PROGRAM

Regular stretching can help prevent many injuries that are common among workers. Our five-minute workplace stretching program covers all major muscle groups that are linked with soft tissue injuries. It's a simple effort that can help your employees stay healthy and save you in injury claims and lost time.



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