

## Occupational Health Services

Include but are not limited to:

### Health and Wellness

- Alcohol & Drug Testing
- Body Composition Screenings
- Complete Health Risk Assessments
- Diabetes Education
- Glucose Screenings
- Lipid Profile
- Nutritional Consultant
- On-Site Blood Pressure Screening
- Tuberculosis Skin Test

### Education Training

- CPR/First Aid Training
- Stop the Bleed
- Tobacco Cessation
- Other Education

### Vaccinations

- Flu Vaccination
- Hepatitis B Vaccination
- Hepatitis B Vaccination Titer

### Occupational Health

- Audiograms
- CXR (Chest X-Ray)
- DOT Physicals
- EKGs
- Ergonomic Work-Site Assessments
- Pre-Placement Job Specific Evaluation
- Respiratory Mask Fit Testing for N95 Mask
- Work Conditioning

For more information about our Occupational Health Services or to create a customized program, please contact our Occupational Health Coordinator at 920.623.6432.

# Prairie Ridge

## HEALTH

Inspired by you

### Hospital

1515 Park Ave • Columbus, WI 53925  
800.549.7511 | 920.623.2200

### Clinic

#### Beaver Dam

118 W Maple Ave • Beaver Dam, WI 53916  
920.356.1000

#### Columbus

1511 Park Ave • Columbus, WI 53925  
920.623.1200

#### Marshall

301 W Main St • Marshall, WI 53559  
608.655.8181

[www.PrairieRidge.Health](http://www.PrairieRidge.Health)

## Occupational Health



*Ability*

# Prairie Ridge

## HEALTH

Inspired by you

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 3395.

ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 3395.

LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 3395.

# Employees are the most important asset for any business

## Happy Healthy Employees

We can help employees work to their potential while still recovering from an injury. We know your workforce is your biggest investment and it is our top priority to keep them happy and healthy. Our program is completely customize to your needs and may:

- Increase employee satisfaction
- Potentially lower your health care costs
- Decrease work/loss time
- Decrease workers compensation claims
- Aid in employee recruitment and retention

## Nutrition Event Offerings:

*These events are designed to give your employees a hands on experience:*

- Grocery Store Tour
- Healthy Cooking Demo
- Body Composition Analysis and Weigh-ins

## Nutrition Offerings:

*These classes are designed to give your employees a basic understanding of a specific topic and begin their journey toward health and wellness:*

- Carbs, Protein, Fat - *The Good, The Bad, The Ugly*
- Diabetes Prevention
- Dietary Supplements
- Fitness and Food
- Food Allergies
- Food Safety
- Healthy Eating on a Budget
- Heart Healthy Eating
- Intuitive Eating
- Label Lingo
- Not all Carbs are Created Equal
- Nutrition for Health and Wellness Diabetes & Cancer
- Nutrition Jeopardy
- Nuts & Bolts of Nutrition
- Organic Food 101
- Save the Stuffing for the Turkey - *Holidays Done Lite*
- Shopping Smart
- Size it Up
- Smart Weighs to Health
- Smoothies - *Think Before You Drink*
- Sodium Sabotage
- Sugar - *What Your Sweet Tooth Isn't Telling You*
- The Power of Protein
- What's In Your Drink?

## Fitness Offerings

*Diet and physical activity together are the perfect ingredients for a healthy lifestyle.*

- Back Safety
- Circuit Training
- Fitness Goal Setting
- How Much do I Need to Exercise?
- An explanation of the CDC guidelines
- Starting an Exercise Program
- Stretching
- Tabata

## Lifestyle & Miscellaneous Offerings:

*A program is not complete without managing one's lifestyle:*

- Advance Directives
- Blood Borne Pathogens
- Ergonomics
- Essential Oils
- Mindful Meditation
- Stress Management

## A Perfect Fit

Our certified athletic trainer or physical therapist will come to your business and work with employees to keep them strong and ready for work. Employees recovering from work or personal injuries need all the support they can get. Show you care by setting up a Work Strong program today. Program benefits include:

- Scheduled on-site time for your employees with our certified athletic trainer at least once a month and as often as twice per week
- Employees have the benefit of seeing the same certified athletic trainer from injury to recovery
- Employees and managers can collaborate with the athletic trainer / physical therapist on a graduated return to work after surgery
- Our certified athletic trainer is part of a network of high quality, compassionate providers. If your employees need more specialized care, our athletic trainer makes the referral process quick and easy.

## Customized Approach

Want something different, unique, something more suited to your exact needs? Please speak with our Occupational Health Coordinator about a customized program to fit your needs and the needs of your employees.

## Cost

Fees for the offerings listed are \$100.00 per education session with an additional \$25.00 trip charge for employers located more than 45 miles round trip from Prairie Ridge Health. Programs will be negotiated based upon the individualized event.

Call (920) 623 - 6432 for more information.

## What invest in Occupational health?

Investing in the health of employees can help keep production up and costs down. We offer a variety of Occupational Health Services and

we bring many services to you, saving you time and money. Let us help you maintain a healthy workforce, potentially lower your health care costs, and protect your investment . . . and all at a discounted corporate business fee.

If you are interested in a service not listed, please contact us. We can also offer a variety

of educational services for business and industry. Thank you for considering us to help encourage a healthy and productive work environment.

For more information about our Occupational Health services, please contact us at 920.623.6432.

Connected

TO YOU AND THE COMMUNITIES WE SERVE