

To schedule workplace wellness services or education sessions, contact:

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Public Health Dietitian
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Let us help you customize the perfect workplace wellness package for your organization!

Education Session Topic Examples:

- Diabetes
- Biometric Measures (Cholesterol, Triglycerides, etc.)
- Chronic Disease Prevention (Heart Disease, Hypertension, etc.)
- Emergency Preparedness
- Fitness /Exercise
- Food Safety
- Healthy Aging
- Healthy Homes
- Immunizations/ Vaccinations
- Bloodborne Pathogen Training (Fee: \$75)
- Nutrition
- Water Safety
- Tobacco Education/Cessation
- Weight Loss

Required Federal Accessibility and Nondiscrimination Statement

Cerro Gordo County Department of Public Health complies with the applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCION: si habla espanol, tiene a su disposicion servicios gratuitos de asistencia linguistica. Llame al (641) 424-7102.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (641) 424-7102



**Cerro Gordo County
Department of
Public Health**



**Cerro Gordo County
Department of Public Health**

Mohawk Square Building, 3rd Floor
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Mason City, IA 50401
PH: 641-421-9300
Immunization Clinic: 641-421-9321

www.cghealth.com

**Workplace
Wellness
Services**

Health Promotion Services & Education

Every Employee Matters!

Investments in Health = Profits for Business

Workplace Wellness Service Packages

Health Promotion Services (services offered on-site)	Package 1 - Utilize 2 or More Services:	Package 2 - Utilize Flu Clinic Service Only:	Individual Services
Biometric Screening* (HRA optional) <ul style="list-style-type: none"> • Cholesterol • Triglycerides • Blood Sugar • Blood Pressure 	<input type="checkbox"/> \$25 per employee		<input type="checkbox"/> \$30 per employee
Individual Nutrition Consultations	<input type="checkbox"/> \$30 / 1 hour (\$20 / 30 min)		<input type="checkbox"/> \$40 / 1 hour <input type="checkbox"/> \$25 / 30 minutes
Flu Clinic*	<input type="checkbox"/> Billed to Employee Insurance Provider	<input type="checkbox"/> Billed to Employee Insurance Provider	<input type="checkbox"/> Billed to Employee Insurance Provider
Add-On Services			
Health Education Session (see reverse for list of topics)	<input type="checkbox"/> 2 Free Sessions	<input type="checkbox"/> 1 Free per Year (\$25 each additional)	<input type="checkbox"/> 1 Free per Year (\$25 each additional)
Quarterly Newsletters	<input type="checkbox"/> FREE	<input type="checkbox"/> FREE	<input type="checkbox"/> FREE
Grocery Store Tours (vouchers redeemable for public grocery store tours offered every 3rd Thursday)	<input type="checkbox"/> \$5 Voucher per person	<input type="checkbox"/> \$5 Voucher per person	<input type="checkbox"/> \$15.00 per person
Fitness Assessment & Orientation <ul style="list-style-type: none"> • Aerobic/Cardio Testing • Strength Testing • Body Fat Testing 	<input type="checkbox"/> \$20 per employee	<input type="checkbox"/> \$20 per employee	<input type="checkbox"/> \$30 per employee
Hemoglobin A1C Screening	<input type="checkbox"/> \$15 per client	<input type="checkbox"/> \$15 per client	<input type="checkbox"/> \$20 per client
* Minimum of 10 Participants			

Worksite Class Offerings



12 Month Diabetes Prevention Program

\$ 420.00 per month (20 Participant Max.)

Only \$21 per month per participant

A proven weight loss and diabetes prevention program aimed to lower your employees' health care costs and improve health.

Goal: 7% weight loss per participant

12 Month Program:

- ◆ 16 weekly sessions + 6 monthly sessions
- ◆ On-site 60 minute sessions led by Public Health Dietitians and Health Educators.

Start a class and boost your bottom line!



Group Tobacco Cessation Program

On-Site classes at the worksite to engage participants in action plans to quit tobacco!

- ◆ 8 Sessions led by a Certified Freedom From Smoking Facilitator.
- ◆ Cost \$1,000.00* (+ \$25 book per participant).

*** Worksites adopting Tobacco-Free/Nicotine-Free Policies can qualify for a FREE Freedom From Smoking Program!**