

To schedule workplace wellness services or education sessions, contact:

Kelli Gerdes, EP-C

Health Promotion Manager
Phone: 641-421-9312
Email: kgerdes@cghealth.com

Katelyn Nicholson, RDN, LD

Public Health Dietitian
Phone: 641-421-9342
Email: knicholson@cghealth.com



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 (Call for pricing)
- Nutrition
- Water Safety
- Tobacco Education/Cessation
- Weight Loss

For summaries of the presentations, visit www.cghealth.com

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

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

www.cghealth.com



Cerro Gordo County Department of Public Health



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 - Biometric Wellness Clinic	Package 2 - Biometric + Flu Clinic	Individual Services (Not offered on-site)
Biometric Screening* (Health Risk Assessment optional) <ul style="list-style-type: none"> • Cholesterol • Triglycerides • Blood Sugar • Blood Pressure 	<input type="checkbox"/> \$30 / employee	<input type="checkbox"/> \$25 / employee	<input type="checkbox"/> \$30 / person
Flu Clinic	Not Applicable	<input type="checkbox"/> \$35 / employee or Billed to Insurance Provider	<input type="checkbox"/> \$35 / person or Billed to Insurance
Add-On Services			
InBody—Body Composition Analysis <ul style="list-style-type: none"> • Body Scan w/ Analysis • Body Scan w/ Nutrition Consultation • Re-Scan w/ Analysis 	<input type="checkbox"/> \$15 / employee <input type="checkbox"/> \$35 / employee <input type="checkbox"/> \$5 / employee	<input type="checkbox"/> \$15 / employee <input type="checkbox"/> \$35 / employee <input type="checkbox"/> \$5 / employee	<input type="checkbox"/> \$20 / employee <input type="checkbox"/> \$40 / employee <input type="checkbox"/> \$10 / employee
Hemoglobin A1C Screening	<input type="checkbox"/> \$15 / employee	<input type="checkbox"/> \$15 / employee	<input type="checkbox"/> \$20 / person
Workforce Biometric Report Aggregate health trends & emerging chronic diseases of company participants.	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150	Not Applicable
Health Education Session (see reverse for list of topics)	<input type="checkbox"/> 1 Free Session / Year (\$25 each additional)	<input type="checkbox"/> 1 Free Session / Year (\$25 each additional)	Not Applicable
Travel Fee (Outside Cerro Gordo County)	<input type="checkbox"/> \$35	<input type="checkbox"/> \$35	Not Applicable
* Minimum of 15 Participants			

Weight Management Program

\$2,500 / Program

\$417 / Month (20 Participant Max.)

Only \$21 / Month per participant

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

6 Month Program:

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

Start a class and boost your bottom line!

**Participants average 5% weight loss upon completion of program.*



**Cerro Gordo County
Department of Public Health**

Tobacco & Nicotine Cessation Resources

Quitline Iowa

- Phone: 1-800-784-8669
- Website: QuitlineIowa.org



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669