

# Wellness

## BUSINESS | COMMUNITY | DEKALB HEALTH TEAM MEMBER

### DeKalb Health Business and Wellness Services Are Setting a New Standard in Occupational Health & Wellness.

From day one, DeKalb Health has set out to be the leader in occupational health and wellness services for our community. Every DeKalb Health team member is part of ensuring this happens. We see our work through the eyes of our community, who utilizes our community hospital and services each and every day.

To work with and earn the trust of our local employers is our most critical mission to ensure we're meeting the needs of our community employers. We take a proactive approach to corporate health, safety and wellness, providing our clients with modern services beyond the treatment of injuries.

Local employers know we're in it for the long haul, giving time, energy, and resources ensuring our community is built on a foundation of preserving, promoting and restoring health. Our approach is simple: treat others as we would want our own team to be treated. It means employing the best occupational health team in our industry and arming them with the latest technology and services to ensure information is relayed back to employers in a timely manner.

It means growing valued partnerships with community employers by consistently reviewing programs and paying close attention to industry trends. It means thinking about how we can help organizations reduce their workers compensation claims and keep their teams safe.

We are thrilled to offer more than injury treatment. Biometric screenings, blood work and wellness packages are all offered through DeKalb Business Health and Wellness Services at affordable rates. Our approach has created a culture of loyalty with local employers. DeKalb Business Health clients know their teams are getting the best in local occupational health care at the best rates in the market. We are proud to be part of the DeKalb Health team.

Wellness is the condition of health encompassing all of the habits that impact the quality of life, from diet and exercise to fitness and nutrition. DeKalb Health offers a host of awareness programs, support groups, and education classes as resources to help improve your wellness. In addition, we provide a full range of wellness solutions designed specifically for business, community, and for our very own DeKalb Health team members.

To learn more, call Jenn Gibson at 260.920.2781, or email [wellness@dekalbhealth.com](mailto:wellness@dekalbhealth.com)

## OCCUPATIONAL/BUSINESS

- Clinic: DeKalb Business Health Services
- Onsite: Business Services and Health Fairs
- Wellness Packages Available

## COMMUNITY

- Commit to Be Fit
- Diabetes
- Nutrition
- Smoking
- Stay Fit
- Support groups
- Weight management
- Yoga classes

## DEKALB HEALTH TEAM MEMBER

- Bike Racks
- Biometric Screening
- Cardiac Rehab - gym and showers (To schedule gym time, call 260.920.2571)
- Commit to Be Fit
- Court Yard Café
- JAM Center tuition reimbursement
- Massage program
- Support groups/ EAP
- Walking trail
- Wellness newsletter
- YMCA tuition reimbursement
- Yoga classes