Help your employees choose a healthy path with Elkhorn Logan Valley Public Health Department’s OPERATION HEART TO HEART Worksite Wellness. Our program is based upon a health coaching model with demonstrated health improvements. We recommend health coaching as part of an overall worksite wellness program because **WE KNOW IT WORKS!** We have provided wellness services since 2012 with the following proven results:

- 63% lost weight
- 86% improved blood pressure
- 50% improved blood sugar values
- Many others showed improvements with cholesterol, triglycerides, physical activity & nutrition

**What Makes Our Wellness Program Work?**

- Blood screenings & other measures to show progress
- One-on-one education with a qualified health coach
- Accountability & encouragement to achieve goals
- Optional enhancements to help create an overall culture of health in the workplace

**Ready to Get Started?**

(402) 529-2233
info@elvphd.org
OPERATION HEART TO HEART Worksite Wellness

Health Coaching & Screening
$80/employee annually
- Screenings: bloodwork, blood pressure, weight & BMI
- Health risk assessment
- Individual report
- Company aggregate report
- Three health coaching sessions per employee (30 minute initial session + two 15-minute sessions) during the year either in person, by phone or email per individual preference

Optional Wellness Enhancements:
- Blood pressure & weight screenings
- Wellness presentations on a variety of topics
- Motivational challenge templates & materials
- Classes: Healthier You Weight Loss & Tai Chi
- Immunizations such as Flu & Tdap
- Colon cancer screening kits
- Radon home testing kits
- CPR & first aid classes
- Wellness team assistance

Screening only
$40/employee annually
- Screenings: bloodwork, weight, blood pressure & BMI
- Health risk assessment
- Individual report
- Company aggregate report

Our Focus is Total Health Improvement