

WORKSITE WELLNESS RESOURCES - Louisville Metropolitan Area - 2007
Compliments of Kentuckiana Health Alliance

ORGANIZATION CONTACT INFORMATION	WORKSITE WELLNESS PROGRAMS	
<p>Anthem www.anthem.com Amy David, Community Health Initiatives 317-287-6232 amy.david@anthem.com</p>	<ul style="list-style-type: none"> • Wellness Planner Online – health screening scheduling • Health Screenings - Nationally • Health Risk Assessment Tools • Wellness Advisor –one on one coaching • Health Seminars <i>Onsite-Telecast-Webinars</i> 	<ul style="list-style-type: none"> • Influenza Vaccinations • Therapeutic Massage Services • Individual and Group Reporting • Participant Satisfaction and Engagement Survey • Executive Summary Report
<p>Artemetrx www.Artemetrx.com Ric Light, Chief Operations Officer (859) 277-1447 ric.light@artemetrx.com</p>	<p>For Self-Funded Employers:</p> <ul style="list-style-type: none"> • Cost Containment Opportunity Report • Data Integration / Comprehensive • Risk and Utilization Stratification • Independent Wellness Program Review <p>Clinical Intervention Programs:</p> <ul style="list-style-type: none"> • Medication Adherence • Employee Out-of-Pocket Costs 	<p>Clinical Intervention Programs (cont.):</p> <ul style="list-style-type: none"> • Diabetic Identification/Management • Tracking <p>Web-Based Program Tools:</p> <ul style="list-style-type: none"> • Functional Assessments • Readiness-to-Change Assessments • Wellness Incentive Program
<p>Community Health Charities of Kentucky www.chcofky.org Dave Griffiths: Vice President (502) 261-8327 Daveg@chcofky.org</p>	<ul style="list-style-type: none"> • Free Worksite Wellness Programs • Free Health Fairs <p>19 Major Health Charities:</p> <ul style="list-style-type: none"> • Alzheimer’s Association • American Diabetes Association • American Lung Association • Arthritis Foundation • Brain Injury Association • National Multiple Sclerosis Society • The Leukemia & Lymphoma Society • March of Dimes 	<ul style="list-style-type: none"> • Mental Health of America • Susan G. Komen for the Cure • Parkinson Spprt Cntr - Kentuckiana • Spina Bifida Association • Prevent Blindness Kentucky • Huntington’s Disease Society • Kentucky Hemophilia Found. • Muscular Dystrophy Assoc. • Cystic Fibrosis Foundation • Epilepsy Foundation • St Jude Children’s Hospital
<p>Heuser Clinic www.heuserclinic.com Peggy Heuser, RN, Chief Operating Officer 502-893-7833 pjh8373@msn.com</p>	<ul style="list-style-type: none"> • Nutrition Counseling/Education • Group Personal Training • Well Balanced Exercise Program • Onsite Corporate Program (Heuser Clinic) 	<ul style="list-style-type: none"> • Offsite Corporate Program (Corporation facility) • Physical Assessment • Medical Assessment by Dr. Heuser • Goal Setting

<p>KC WELLNESS, INC. www.kcwell.com Carol Donnelly, President 859-269-9934 cdonnelly@kcwell.com</p>	<ul style="list-style-type: none"> • Health Fair Screenings • Health Risk Assessment • Cholesterol and Glucose Screenings • Blood Pressure Screenings • Wellness Program Consulting 	<ul style="list-style-type: none"> • Weight Management Program • Fitness Competitions • Medical Consumerism Education • Lunch & Learn Seminars • Tobacco Cessation • Telephonic Health Coaching
<p>Kentucky Sleep Society www.kyss.org Mary O'Sullivan 502-327-9747 mary@quantadynamics.com</p>	<ul style="list-style-type: none"> • Sleep Literature • Sleep Seminars 	
<p>KORT Rehab www.KORT.com Vanessa McDermott, Marketing Representative 502-494-3664 Vanessa@KORT.com</p>	<ul style="list-style-type: none"> • Outpatient Orthopedic Physical Therapy • Outpatient Occupational Therapy • Hand Therapy • Sports Medicine • Spine Rehab • Aquatic Therapy • EMG / Nerve Conduction • Fibromyalgia 	<ul style="list-style-type: none"> • Industrial Services <ul style="list-style-type: none"> ○ Functional Capacity Evaluations ○ Work Conditioning ○ Job Analysis ○ Educational Prevention Programs ○ Post Offer Physical Abilities Tests ○ Ergonomic Assessments ○ On-site Services
<p>Louisville Metro Dept. of Public Health & Wellness www.louisvilleky.gov/Health/CHEP Speakers Bureau Phone: 502-574-6585 Fax: 502-574-6810 health.events@louisvilleky.gov</p>	<ul style="list-style-type: none"> • Classes & Workshops: <ul style="list-style-type: none"> ○ Wellness & Leadership ○ Planning for Behavior Change ○ Goal-Setting ○ Weight Loss & Nutrition ○ Diabetes Prevention ○ Diabetes Self-Management • How to Start a Weight Support Grp • How to Offer Light Tasting Events • Body Fat Testing & Information 	<ul style="list-style-type: none"> • Smoking Cessation Information: <ul style="list-style-type: none"> ○ Cooper/Clayton ○ Quit Line ○ Other Methods • Displays, Videos & DVDs for Loan • Downloadable Health Educ Materials • Info/Educ at Employee Health Events • Breastfeeding promotion
<p>Nutrition Works Sandra Meyerowitz, M.P.H., R.D., L.D., Owner/ Registered Dietitian (502) 339-9202 victorandsandra@bellsouth.net</p>	<ul style="list-style-type: none"> • Weight Management Series • Healthy Lifestyle Group Contests • Help Choosing Meeting Menus • Private Nutrition Consultations • Diet Review w/ Software Analysis • Personal Diet Coaching • Printed Health Information • Ask The Dietician – Via Email <p>Lunch & Learn Seminars:</p> <ul style="list-style-type: none"> • Eating Out 	<p>Lunch & Learn Seminars (cont.):</p> <ul style="list-style-type: none"> • Nutrition & Fitness Workshops • Navigating Vending Machines • Eating Well at Work • Smart Snacks • Portion Distortion • Fad Diets • Fiber Facts • Reading Labels • Fats- What's All the Fuss? • Cooking Healthy for Your Family

<p>Occupational Health Solutions www.healthyworksite.com Dave Berkemeier, President 1-800-716-5051 ohsdave@aol.com</p>	<ul style="list-style-type: none"> • Worksite Health Screenings • Health Risk Appraisals • Blood Draw Services • Fitness Testing • Health Coaching Services • Disease Management Programs • On-Site Fitness Center Mgt <ul style="list-style-type: none"> • Weight Loss Competition • Incentive Programs • Tobacco Cessation • Nutrition Seminars • Wellness Library • High Risk Population Counseling
<p>Partnership for a Fit Kentucky www.fitky.org Teresa Lovely, KY Business Coordinator for Worksite Wellness 270-901-4756 teresa.lovely@ky.gov</p>	<ul style="list-style-type: none"> • Worksite Wellness presentations and educational sessions • Worksite Wellness Resource Guide and Toolkit <ul style="list-style-type: none"> • Stress Management Toolkit • Wellness Committees Toolkit
<p>Quanta Dynamics, Inc. www.quantadynamics.com Mary O'Sullivan, President 502-327-9747 mary@quantadynamics.com</p>	<p>Consulting Services:</p> <ul style="list-style-type: none"> • Sleep/Wellness Training Programs • Sleep Presentations • Lunch & Learn Sessions <p>Free Services:</p> <ul style="list-style-type: none"> • Monthly E-newsletter • 9 Podcasts (sleep issues) <p>Products:</p> <ul style="list-style-type: none"> • "Why Sleep?" Book • Sleep Training Booklet • Sleep Informational Sheets • Digital CD on Itunes
<p>Time Out Fitness www.timeoutfitness.net Mary Glover, M.Ed., M.S., Owner/Personal Trainer 502-558-8693 mglover@timeoutfitness.net</p>	<ul style="list-style-type: none"> • On/Off Site Personal Training • Individual or Group Training • Corporate Wellness Exercise Plan • Exercise/Nutrition Seminars • Fitness Assessments <ul style="list-style-type: none"> • Less Fat More Fit Program • Mini Boot Camp Training • Walking/Running Group Leader • Wellness Incentive Program Plans
<p>Dr. Greg Thomas Doctor of Chiropractic 502-291-9990 drgregthomas@yahoo.com</p>	<p>Educational Seminars:</p> <ul style="list-style-type: none"> • Back Safety • Stay Fit While You Sit • Stress Management • Ergonomics • Osteoporosis <ul style="list-style-type: none"> • Organize Health Fairs for Companies
<p>Work Place Solutions Kathy Ohlmann, RN, MSN, COHNS, President 502-426-5971 wplacesolutions@bellsouth.net</p>	<ul style="list-style-type: none"> • Occupational Safety & Health • Wellness Tobacco Cessation • Sleep Seminars • Diet/Nutrition Seminars • Physical Activity Seminars • Managing Stress Seminars <ul style="list-style-type: none"> • Developing a Healthy Worksite • Cardiovascular Health • CPR/First Aid Training • Substance Abuse Employee Training

<p>YMCA of Greater Louisville John Lincoln, Corporate Relations Director 502.582.3620 jlincoln@ymcalouisville.org</p>	<ul style="list-style-type: none"> • Wellness Coaching Sessions • Open Houses • Quarterly Corporate Health Newsletter • Attendance and Tracking Reports • Group Exercise Classes • Aqua Fitness Classes • Arthritis Classes • Available Personal Training • Youth Sports • CPR/First Aid Training • Nutrition Seminars • Semi Annual Luncheons • Body Fat Screenings • Body Mass Index Measurements
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