Living Well
Live Your Best You

Employee Wellness Program

2016 Employee Wellness Program

Health Screenings will be conducted during May and June 2016. Please watch for upcoming dates!

New Initiatives

- Fitness Classes
- weightwatchers *(dependent upon employee enrollment)*
- Healthy Cooking Classes
- Certified Health Coaches
- Monthly Education Sessions *(diabetes, heart disease, managing chronic condition, etc.)*

On behalf of the staff of the University Primary Care Clinic, I would like to congratulate all of you on a successful launch of VU's Employee Wellness Program. I had the privilege of meeting with many of you over the past six months to discuss ways that we can work together - for some of you that includes maintaining your current healthy lifestyle, for others it includes small lifestyle changes. Nothing makes me happier than finding a life that we have saved and I can honestly say that through the health screenings and health risk assessments, we identified many serious illnesses that, left untreated, would have led to long-term, chronic conditions. We are excited for the upcoming wellness initiatives that your Human Resources Department is working on. Please take advantage of these opportunities!

We are here to support you, to encourage you, and to help you be the best version of yourself. Our door is always open. Please feel welcome to schedule a time to meet with me and my staff.

Denah

Share your experiences and wellness journey

"The health screening is exactly what I needed to make my health a priority. I found out my blood pressure was high and my bloodwork revealed many concerns. I am committed to eating better, losing weight and working with Denah and her staff to become a healthier person. Thank you for this program. It changed my life."

"I've been in the medical field my whole life. Most would think that nurses and doctors are the healthiest people. I would never have known that my cholesterol was at dangerously high levels if it were not for the VU health screenings. Thank you!"

"The new Employee Wellness Program is a step in the right direction. Thank you for investing in the health of VU's employees. I look forward to the new programs in 2016."

Do you have a success story you want to share about healthy lifestyle change, weight loss, healthy eating, fitness or any other health improvement success you've made?

Please send a short summary to wellness@vinu.edu. Indicate if you would like your story shared.