Engaged, healthy employees are your company’s greatest asset. Helping your employees achieve their health and wellness goals can lead to higher morale, improved productivity and greater loyalty to your brand.

**Culture of Health**
As a quality-driven, leading health care provider and a large employer ourselves, Advocate Health Care, understands the relationship between a corporate culture of health and success. Drawing from the experience of our large physician network, we design customized preventive screenings and other Wellness programs to bring about healthy lifestyle changes for your employees, based on their unique needs and interests. We perform comprehensive assessments and apply data analytics to develop programs that will impact each employee’s health status and your bottom line.

**Biometric Screenings**
- Blood pressure
- Blood screenings (fingerstick and venipuncture panels)
- Body composition
- Body mass index
- Height
- Weight

**Other Screenings**
- Bone density
- Resting metabolic rate
- Skin health
- Sleep

**Health Fair Services**
- Table top displays with interactive visuals, educational materials, inspirational and motivational demonstrations

**Topics may include:**
- Disease prevention
- Ergonomics
- Fitness
- Heart health
- Nutrition
- Sleep
- Stress management
- Tobacco cessation

**Speaker’s Bureau Services**
- Lectures on a variety of health and wellness topics:
  - Disease status (diabetes, hypertension, etc.)
  - Fitness
  - Heart health
  - Men’s health
  - Nutrition
  - Sleep
  - Stress management
  - Women’s health

**Massage Therapy**
(Conducted by Certified Massage Therapists)
- Table and chair formatted offerings

**Educational Demonstrations**
- Cooking
- Desk stretches
- Workstation set-up

**Behavior Change Programs**
- Onsite fitness classes
- Relaxation
- Tobacco cessation
- Weight management

The goal of Advocate at Work is to target solutions that lower health care costs and promote a healthy workplace.