

Partners in Wellness

Improving the health of your business...

One employee at a time.

Pulaski Partners in Wellness was formed by Pulaski Memorial Hospital in conjunction with Pulaski County YMCA to address the needs of employers in Pulaski County and the surrounding areas for turn-key programs that could help reduce health care costs, absenteeism and disability claims while improving employee satisfaction, productivity and morale.

The collaborative effort leverages the Pulaski County YMCA's fitness and wellness experience and Pulaski Memorial Hospital's rehabilitation and health screening services to make a full range of corporate wellness programs available.

Fitness Programs:

- Strength Training
- Cross Training
- Weight Management

Wellness Programs:

- Nutrition Education
- Stress Management
- Smoking Cessation

Health Screening:

- CBC
- Chem. Profile
- Lipids
- Prostate Screening
- TSH
- Mammography

YMCA Membership:

- Facilities
- Programs

Rehabilitation Services:

- Worker's Comp
- Back Safety
- Ergonomic Assessment

PERFORMANCE

It is estimated for every dollar invested in corporate wellness programs produces a return between \$1.50 to \$3.75 per employee



LOWER COSTS

When your employees are healthy, they take less sick leave and your company is more productive.

EMPLOYER

How can we help you make a difference? With an analysis of the overall health and wellness of your employee population, the Pulaski Partners in Wellness team will work with you to implement a strategic plan to identify employee health risks, reduce healthcare and injury claims, and contain the rising cost of healthcare.

BENEFITS

- Decreased health care costs
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Enhanced employee productivity
- Develops employee leadership skills

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