

Health Screenings and Health Survey

YOUR HEALTH:

Where are you and where
would you like to be?

Would you like to learn more about your health? Interested in making a lifestyle change or trying something new?

The health screenings and health survey are coming in November, and they will be available to

all employees
and spouses.

The screening
will take about
10 minutes and
includes a lipid



panel, BMI,
resting heart rate, blood pressure,
and more. The survey will take less than
20 minutes to complete and participation
is helpful and fun, even if you are not
ready to make any changes. Your
confidential results and report will be
available immediately. This fun event will
be a part of open enrollment in
November. Look for more details coming
soon!

Want to know more about this service?
Check out
website coming soon!

Which describes you?

- ☐ I am not interested in
changing a lifestyle habit
right now
- ☐ I am thinking about
changing a lifestyle habit
- ☐ I want to change a lifestyle
habit to improve my
health
- ☐ I want to stay healthy

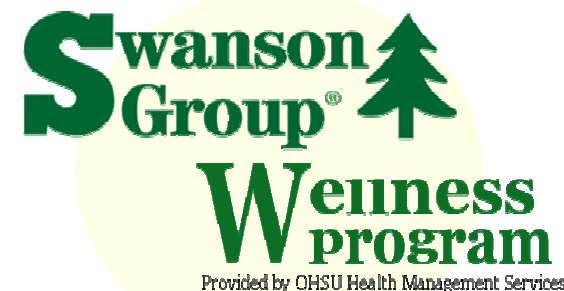
“Wherever you’re
at, we can work
with that.”

Call OHSU Health Coaching
at 1-800-941-5590.

Want to know more? Call
Andy at 503-201-7934.

*tag line coined by Jim Prochsaska, PhD, URI

NEW PROGRAM



FREE & CONFIDENTIAL

At all Swanson locations

Want to know more?

Call Andy Eck,
New Wellness Coordinator
at 503-201-7934 or email at
andy.eck@swansongroup.biz

**Health
Management
Services**



Introducing Swanson's Wellness Program.

Wellness Coordinator

As the newest member of OHSU's Wellness team, Andy will be on site working with all Swanson employees and spouses to provide information and support for health goals. Andy is a recent graduate of Southern Oregon



University, and majored in Health Promotion/Fitness Management and Psychology. While going to school, he worked for two summers at Woodgrain MillWorks, a saw mill/moulding plant. He was given the opportunity to work in different departments with a variety of responsibilities. Andy is excited to get back into a familiar environment and incorporate his knowledge of health promotion. In his spare time, you can find him skiing, camping, fishing, running trails, spending time with friends and family, or even skateboarding. Andy tries to live life to the fullest every day, incorporating wellness into everything he does, and thinks that laughter is an important ingredient for this. Look for Andy at your next crew meeting.

Have a health related question or want more information.

Call Andy at 503-201-7934 or email him at andy.eck@swansongroup.biz.

Wellness Services

The wellness program is designed to meet your needs and is provided as a resource for information and support. All wellness services are FREE for employees and spouses and include the following:

- ◆ **Wellness Coordinator**-visits crews monthly with a health/wellness presentation.
- ◆ **Monthly on-site presentations**-delivered to crews by wellness coordinator.
- ◆ **Website**- coming soon! Updated monthly with events and announcements, recipes, articles, and more!
- ◆ **Monthly Themed Wellness Posters**-changed monthly and posted at Swanson sites.
- ◆ **Quarterly Newsletters**-delivered to all employees' homes. Includes health related information and resources.
- ◆ **Quarterly Payroll Stuffers**-delivered with your paycheck/stub and designed to get you thinking about your health.
- ◆ **Health Screenings/Survey**-coming in November!
- ◆ **Health Coaching**-telephonic health coaches support you in your health goals.

All information shared is confidential and won't be shared with Swanson.

Health Coaching

Health coaches are available to work with you on meeting your health goals. Coaches offer resources, information and support. All information shared is kept confidential!

Reasons to meet with a health coach:

- ◆ Provides objective support to help decide which lifestyle changes would be beneficial.
- ◆ Assists with a specific goal such as weight loss, smoking cessation, fitness, nutrition, etc.
- ◆ You know what you need to do but have just been stuck, unmotivated, or unable to maintain the behavior.
- ◆ Plus many more!



Would you like help meeting your wellness goals?

To schedule a health coaching appointment with OHSU health coaching call 1-800-941-5590.