

NVCH Industrial Wellness Program Successful Among Area Businesses

Healthy employees are happy employees. Happy employees are productive employees. Let Nemaha Valley Community Hospital help you create a more positive and productive environment.

Many chronic diseases are preventable. According to the CDC, chronic diseases account for 75 percent of total healthcare costs. They are also the most preventable type of disease. Such illnesses include heart disease, stroke, cancer and obesity. The only way to prevent disease is with actionable steps to halt progression.

The health outcomes of industrial wellness programs are many, including smoking cessation, weight loss and obesity prevention, diabetes prevention and management, blood pressure and cholesterol management, personal health, safety practices, sleep hygiene and stress management.

"Nemaha Valley Community Hospital now offers a comprehensive industrial wellness program," said Becky Bartkoski, NVCH Industrial Wellness Coordinator. "The program is aimed at helping employees live better, feel better and work better."

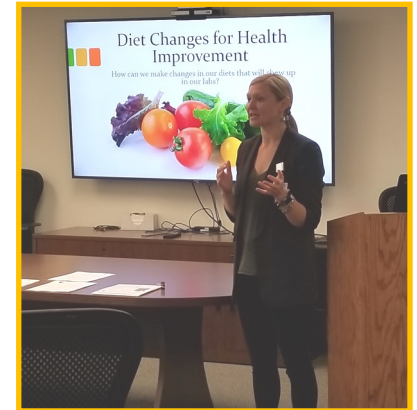
Nemaha Valley Community Hospital's Industrial Wellness Department partners with local businesses to create a wellness program tailored to fit the specific needs and goals of their employees. Entirely flexible in the approach, all the programs can be offered onsite making it efficient and convenient.

The Industrial Wellness program resources include, but are not limited to, an employee workplace health survey, on-site biometric screenings, an on-site biometric screening follow-up presentation, quarterly on-site presentations on health related topics, smoking cessation classes and an option to access our hospital wellness app for their employees.

"United Bank & Trust adopted a wellness program several years ago. This year we joined efforts with Nemaha Valley Community Hospital's Industrial Wellness Department," said Sarah Hiltgen, Innovation Office for United Bank and Trust. "Employees had the opportunity to participate in on-site biometric screenings. Following the screenings hospital staff provided an excellent on-site presentation to employees where we were educated on what our biometric screening numbers meant. They also went into great detail about what individuals can do to improve their numbers through a healthier lifestyle. Our goal is that this added education through the Industrial Wellness Department will help our employees live better and work better."



Jordan Hasenkamp, CRT and Becky Bartkoski, RN, BSN & Industrial Wellness Coordinator instructing a Smoking Cessation class at Koch and Company in Seneca.



Leah Heinen, RD giving a nutrition presentation at Ag Partners Coop.

To learn more about the NVCH Industrial Wellness Program and how we can partner with your business or organization please contact our Industrial Wellness Coordinator Becky Bartkoski, RN, BSN at becky.bartkoski@nemvch.org.