

**Nutrition***

Lifesteps	Lifesteps@OwensboroHealth.org	Intuitive Eating Program	Lisa.Todd@OwensboroHealth.org
Diabetes Prevention Program (DPP)	Beth.Cecil@OwensboroHealth.org 270-688-4804	Sync MyFitnessPal to VP for Food Tracking	WellnessTeam@OwensboroHealth.org
VP: Nutrition Guide	Navigate to "Programs" Page on VP	Nutrition Counseling	Physician Referral Required
VP Journeys: "Eating Healthy"	Navigate to "Health" Section on VP (5 Different Courses)	Lifestyle Medicine	Call 270-688-2110 for an appointment. Referral not required.
Real Appeal	OwensboroHealth.RealAppeal.com	Quarterly Cooking Classes	
VP: Zipongo	Recipes/M meal Planning-Navigate to "Programs" page on VP	VP Rethink Care: "Boost Physical Health"	Navigate to "Programs" Page on VP

Physical Activity*

Fitness Center Membership Benefit	Healthpark / Central City Convention Center / Hopkins Co. YMCA / Henderson Co. YMCA / Made4More Fitness (Leitchfield) / Family Wellness Center (Ohio Co.). Team member is only responsible for paying the taxes on the membership.	Sync an Activity Tracker in VP	WellnessTeam@OwensboroHealth.org
OHRH: Walking Trail & Outdoor Fitness Equipment		VP Journeys: "Getting Active"	Navigate to "Health" Section on VP (5 Different Courses)
OHRH: Action Center	Floor 9 - Fitness Center is Open 24/7 for All Team Members	Lifestyle Medicine: Walking Plans/ At Home Exercise Plan	Call 270-688-2110 for an appointment. Referral not required.
VP Rethink Care: "Boost Physical Health"	Navigate to "Programs" Page on VP	Exercise is Medicine	Physician Referral Program at the Healthpark 270-688-5433
VP Rethink Care: "Practice Yoga"	Navigate to "Programs" Page on VP	Walk with a Doc	Walk with a Physician Contact the Healthpark for Upcoming Event Details 270-688-5433

Stress*

VP Rethink Care: "Learn to Meditate"	Navigate to "Programs" Page on VP	Lifestyle Medicine	Call 270-688-2110 for an appointment. Referral not required.
VP Rethink Care: "Reduce Stress & Anxiety"	Navigate to "Programs" Page on VP	Credible Mind: Virtual Mental Health Resource	HealthyMind.CredibleMind.com
VP Rethink Care: "Take One-Minute Breaks"	Navigate to "Programs" Page on VP	Renewal Rooms	OHRH: Floors 3, 8 and 9 OHMCH: Medical Care Unit OHTLMC
VP Journeys: "Reduce Stress"	Navigate to "Health" Section on VP (5 Different Courses)	Massage Therapy	
Employee Assistance Program (EAP)	Confidential Talk Therapy Available to All Team Members 270-688-1547	Learning & Development Offering: Stress Management for Team Members	Learning&Development@ OwensboroHealth.org

Sleep*

VP Rethink Care: "Sleep Better"	Navigate to "Programs" Page on VP	VP Journeys: "Sleeping Well"	Navigate to "Health" Section on VP (5 Different Courses)
VP: Sleep Guide	Navigate to "Programs" Page on VP		

Tobacco

Tobacco Treatment Specialists	1-on-1 Sessions 270-417-7564	Quit Line Information	QuitNowKentucky.org 1-800-784-8669
		Nicotine Replacement Therapy	

**Safety**

Target Zero		Injury Prevention	Kay.Ewing@OwensboroHealth.org
Car Seat Assistance Program	Kay.Ewing@OwensboroHealth.org	VP Journey: "Repetitive Strain Injuries"	Navigate to "Health" Section on VP

Social Support

Employee Assistance Program (EAP)	Confidential Talk Therapy Available to All Team Members 270-688-1547	VP Journey: "Take Care During Grief"	Navigate to "Health" Section on VP
Team Member Facebook Group	Facebook.com/Groups/OHWellnessAndEngagement	Contact Employee Engagement	EmployeeEngagementTeam@OwensboroHealth.org
VP: Challenges/Groups		VP Rethink Care: "Improve Relationships"	Navigate to "Programs" Page on VP

Alcohol*

Employee Assistance Program (EAP)	Confidential Talk Therapy Available to All Team Members 270-688-1547	VP Journeys: "Dial Back Drinking"	Navigate to "Health" Section on VP
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Life Outlook/Work Life Balance

Employee Assistance Program (EAP)	Confidential Talk Therapy Available to All Team Members 270-688-1547	VP Rethink Care: "Manage Career Stress"	Navigate to "Programs" Page on VP
VP Rethink Care: "Mental Health - Parenting Skills"	Navigate to "Programs" Page on VP	VP Rethink Care: "Be Happier"	Navigate to "Programs" Page on VP
VP Rethink Care: "Practice Mindfulness with your Child"	Navigate to "Programs" Page on VP	VP Rethink Care: "Build Emotional Intelligence"	Navigate to "Programs" Page on VP
VP Rethink Care: "Develop a Growth Mindset"	Navigate to "Programs" Page on VP	Learning & Development Offering: Cultivating Gratitude	Learning&Development@OwensboroHealth.org

Financial

Empower Retirement	Prudential.com/Online/Retirement	HOPE Program (Helping Our People in Emergencies)	EmployeeEngagementTeam@OwensboroHealth.org
Empower Group Classes	MyBenefitQuestions@OwensboroHealth.org	VP Journeys: "Managing My Finances"	Navigate to "Health" Section on VP (5 Different Courses)
Empower 1-on-1 meetings	MyBenefitQuestions@OwensboroHealth.org	Online Financial Education Regarding Budgeting, Saving for College/Retirement and Financial Calculators	Prudential.com/Online/Retirement

Other Virgin Pulse Journeys

VP Journeys: "Lower Back Pain"	Navigate to "Health" Section on VP	VP Journeys: "Eat Well for Cholesterol"	Navigate to "Health" Section on VP
VP Journeys: "Asthma"	Navigate to "Health" Section on VP	VP Journeys: "Pregnancy"	Navigate to "Health" Section on VP
VP Journeys: "Move Better with Arthritis"	Navigate to "Health" Section on VP	VP Journeys: "Live Healthy: Cholesterol"	Navigate to "Health" Section on VP

Blood Pressure*

VP Journeys: "Live Healthy with Blood Pressure"	Navigate to "Health" Section on VP		
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Diabetes

Diabetes Education	Physician referral program 1-on-1 sessions with a Diabetes Educator	Diabetes Class: Jumpstart	Gus.Johnson@OwensboroHealth.org 270-688-1227
Diabetes Prevention Program (DPP)	Beth.Cecil@OwensboroHealth.org 270-688-4804	VP Journeys: "Live Healthy with Diabetes"	Navigate to "Health" Section on VP
Diabetes Support Group	Gus.Johnson@OwensboroHealth.org 270-688-1227	VP Journey: "Eat Well for Blood Sugar"	Navigate to "Health" Section on VP

Annual Visit with Primary Care Provider

Reminder to Have Your Annual Wellcheck with Your Primary Care Physician (PCP)