



Prevent and Manage Workplace Injuries

One Health @ Work programs offer work injury management services, including:

- Back education training
- Ergonomics analysis
- Evaluation and treatment of musculoskeletal injuries (back, neck, carpal tunnel)
- Functional capacity evaluations
- Hearing screenings
- Risk reduction programs and education
- Work conditioning
- Worksite assessment
- Wrist and hand care

Build a Culture Where Wellness is Valued

On-the-job wellness programs help create healthier employees, resulting in happier employees.

To help companies protect their most valuable asset — their employees — Owensboro Health offers a variety of One Health @ Work programs. These wellness programs range from preventing workplace injuries to fitness classes and can be tailored to each company's budget and work environment.

By creating employee wellness plans, companies have a greater chance of lowering expenses by increasing productivity; reducing time off work and health care costs; and improving overall health of employees. One Health @ Work locations also provide exams and screenings.

Improve employee well-being with One Health @ Work's corporate wellness and prevention services.

Businesses can choose from several wellness and prevention services that fit their employees' needs:

- First-aid classes, including blood-borne pathogens, CPR and automated external defibrillator (AED) training
- Health fairs and screenings
- Fitness assessments and exercise classes
- Wellness education and program development
- Stress and disease management
- Smoking cessation programs
- Prevention and safety training
- Nutrition education and weight-management programs
- One-on-one consultations
- Database for outcome tracking

Proven ways to protect your best investment: **Your People.**

Corporate Wellness/Prevention

- Wellness Program Development
- On/Off Site Programs and Education
- Health Fairs/Screenings
- On-Site Exercise, Stretch & Flex
- On/Off Site Fitness Assessments
- First Aid, CPR & AED Training
- Prevention & Safety Education Programs
- Smoking Cessation
- Nutrition & Weight Management
- Flu Shots & Immunizations

Industrial Rehab

- Functional Capacity Evaluation (FCE)
- Ergonomic Analysis - On/Off Site
- Work Conditioning
- Worksite Assessment
- Wrist & Hand Care
- Evaluation & Treatment of Musculoskeletal Injuries (back, neck, carpal tunnel)
- Worker's Evaluations
- Risk Reduction Programs & Education
- Back Safety Education
- Hearing Testing - baseline & annual
 - Audiogram Review - STS determination
 - Hearing Conservation Program Training

Employee Assistance & Counseling Program (EAP)

- Certified, Licensed Counselors
- DOT Certified Substance Abuse Professionals (SAP)
- Dealing with Chronic Illness
- Depression, Anxiety & Other Emotional Stress
- Grief Counseling
- Workplace Crises or Conflicts
- Substance Abuse Issues
- Family, Marriage or Parenting Issues
- Interpersonal Relationships
- On/Off Site Education Classes for Employees & Management

Work Health

- Board-Certified Occupational & Environmental Med Program
- Certified Medical Review Officer
- Occupational Med Nurse Case Manager
- Work Comp Injury Management
- Employment Physicals
- DOT/CDL Exams
- Substance Abuse Screenings
- Electrocardiograms
- Return-to-Work Exams/Fit for Duty
- Pulmonary Function Testing
- Vision Testing
- Lab Services
- Radiology
- Flu Shots & Immunizations On/Off Site
- On/Off Site Random Drug Screening Management Program



A member of Owensboro Health

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