



## **DECATUR COUNTY CORPORATE WELLNESS**

Decatur County Memorial Hospital  
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### **Individual and Group Health Education Programs**

#### **Risk Assessment Consultation:**

Decatur County Memorial Hospital's Certified Health Coaches will provide one-on-one education to each employee which entails reviewing lab results, risk mitigation and education on chronic conditions such as: Diabetes, Hypertension and Obesity.

#### **Certified Health Coaching:**

Decatur County Memorial Hospital's Certified Health Coaches are trained professionals that spend the time to help individuals figure out personal health and wellness risks, help them develop strategies to overcome them and provide support and resources needed to achieve their personal health goals.

#### **Educate & Eat:**

Decatur County Memorial Hospital will provide trained staff to come and facilitate "Educate & Eat" programs. The program topics will be based on the employer's preference. DCMH can do one 1 hour long program or two 30 minutes programs.

#### **Diabetes Prevention Classes:**

Group classes that focus on weight loss through dietary changes, physical activity and behavior change. The program consists of 1 session per week for 3 weeks, and then 1 individual follow up within the next month.

#### **"Weigh Beyond" Weight Management Program:**

"Weigh Beyond" is a 10 week weight loss program designed to help individuals with dietary changes, physical activity and behavior changes to aide in weight loss. The program design is set up for participants to have weekly health coaching sessions with a certified health coach, personal training session and 3 group classes with healthy demos.

#### **Smoking Cessation:**

In this 8 week program, participants will meet one-on-one with a Certified Tobacco Specialist to explore every aspect of their tobacco and nicotine use with a primary focus on addiction, developing a quit plan and resources to quit.

#### **Wellness Challenges:**

DCMH will coordinate and implement wellness challenges specifically designed for employers. Challenges are created around topics that inspire positive behavior changes, create friendly competition and provide health education to employees.

#### **Health Fair Coordination:**

DCMH can coordinate an onsite health fair for employers to promote to their employees. Different departments from the hospital will set up booths for an onsite health fair at local employers. Various screenings can be offered. The Health Fair will be coordinated based on the employer's requests and needs in their facility.