



IMPROVING EMPLOYEE HEALTH AND PRODUCTIVITY

Prevention is Priceless

- ▶ Healthier, more stable workforce
- ▶ Increased workforce productivity
- ▶ Lower out-of-pocket health expenses
- ▶ Fewer restricted and lost workdays
- ▶ Lower disability claims and costs
- ▶ Improved flexibility, range of motion, balance
- ▶ Improved morale
- ▶ Improved health knowledge and awareness
- ▶ Lower levels of stress

Programs tailored to meet your specific needs and goals.

AMH understands the dynamics of each organization and provides customized assistance to help maximize the benefits of wellness programs. Our experienced staff provide organizations with the tools and best practices to deliver quality programs and services. Our wellness staff is credentialed by the following organizations:

- ▶ American College of Sports Medicine (ACSM)
- ▶ National Athletic Trainer's Association (NATA)
- ▶ National Commission for Health Education Credentialing (NCHEC)



AdvanceMed Hanford Industrial Rehabilitation and Health Education

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Mail Stop G3-70

Health Education 376-3267 or 373-3729

Industrial Rehabilitation 376-2886 or 376-2109

Industrial Rehabilitation and Health Education

Prevention is Priceless



Industrial Rehabilitation and Health Education:

Preventive services aimed at minimizing or preventing the most significant obstacles to productivity: employee illness, injury and absenteeism.

We manage risk factors and lifestyle issues that affect employee health, creating targeted health intervention programs and services designed to be innovative and effective. A major goal of our wellness program is to educate employees and provide them with the tools to improve and maintain their health and well-being. These programs are designed to reduce injuries and illnesses both on and off the job.

Our clinical and field assessments give customers and their employees a clear picture of health risks and work hazards which may lead to injury and illness.



Assessment Services:

- ▶ Fitness Assessments
- ▶ Functional / Work Capacity Evaluations
- ▶ Ergonomic Evaluations
- ▶ Health Risk Appraisals
- ▶ Health Screenings

Physical Conditioning Services:

- ▶ Work Conditioning
- ▶ Preventive Exercise
- ▶ Industrial Stretch Programs

Educational and Training Services:

- ▶ Individual Health Coaching
- ▶ Injury Prevention Group Presentations
- ▶ Ergonomics Training and Biomechanics Training
- ▶ Health Fairs
- ▶ Weight Management and Nutritional Programs
- ▶ Tobacco Cessation Classes and Support Groups
- ▶ Lifestyle Management Programs and Workshops
- ▶ Blood Borne Pathogens Training



Internet Health Promotion:

The AMH website removes physical and geographic barriers to deliver fitness and wellness information via the Internet.

- ▶ Health Promotion Materials
- ▶ Health Assessment Tools
- ▶ Events Calendar
- ▶ Interactive Educational Programs
- ▶ Safety Meeting Toolkits

Find this valuable resource online at: www.hanford.gov/amh

Influenza Immunization Program:

Influenza is a serious health threat. To help decrease the occurrence of influenza on the Hanford Site, AMH offers annual flu shot clinics during the months of October and November. Clinics are held at several locations across the Site to accommodate workers.