



Employer Services





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HEALTHY WORKFORCE



A Partnership of The Toledo Clinic
Wood County Hospital

and strong community relationships of both groups, Independence Health will be able to serve patients more effectively, efficiently, and economically.

Wood County Hospital and The Toledo Clinic enhanced their long-standing collaboration by establishing Independence Health, a formal partnership that further expands each entity's ability to provide extended access to quality, affordable care. By capitalizing on the strengths

Independence Health Employer Services is YOUR GUIDE TO A HAPPY AND HEALTHY WORKFORCE, *focusing on:*



MENTAL HEALTH



PHYSICAL HEALTH



NUTRITIONAL HEALTH



SOCIAL HEALTH

With all employers, regardless of industry, being challenged to maximize revenues and reduce expenses, spend on health care is drawing considerable attention with the year over year increases.

The last 40 years total health care spending in the United States has increased from roughly \$75 billion per year to well over \$3 trillion and by 2027, it is projected that this spending

will account for almost 20% of the total gross domestic product (GDP). This rise in spending is being felt by employers as employee health benefit costs continue to rise by 5% - 6% year over year.

By finding a partner to guide your employees to better health, health care expenses not only go down but employee productivity, engagement, retention and overall happiness will go up.



**Wood County Hospital is a Healthy Ohio Business
Award recipient: 2016, 2017, 2018, 2019, 2020 and
2021 and 2021
Top 100 Rural
& Community
Hospital**



Accountable Care Organization

**The Toledo Clinic, for the fifth straight year, has been
recognized by Medicare as a top provider in Northwest,
Ohio for excellence in quality and medical care value:
2017, 2018, 2019, 2020 and 2021**

Services can be tailored to fit your workplace wellness initiatives and may include:

PREVENTATIVE CARE

Preventative measures are customized for your employees. These services can include yearly wellness exams and health screenings (*mammograms, colorectal, etc.*).

Chronic condition management for long term diseases, diabetes, hypertension, hyperlipidemia, asthma, weight loss and more.

Critical and episodic visits for illnesses and conditions that arise quickly.

- Primary Care
- Telemedicine
- Executive Health Program
- Travel Medication Program
- Chronic Condition Management

Health Promotion

Mental and behavioral health services assist employers in enhancing the many times overlooked aspect of the employee's well-being.

Services Offered:

Confidential counseling
CPR/First Aid
Tobacco Cessation
Mental & Emotional Health
Weight Management
Wellness Programming
On-site Health Screenings
COVID-19 Workplace Safety

Health Risk Assessments (HRA)

Personalized screening tool that helps the employees to identify and understand their health risks and monitor health status over time. This includes a questionnaire, an assessment of health status, and personalized health report that provides feedback about actions that can be taken to reduce risks, maintain health, and prevent disease.

Health & Wellness Screenings:

Provides clinical assessment of key health measures that can be used to identify certain health conditions.

Personal Care:

- Health Coaching
- Ergonomics
- Acupuncture/Chiropractic
- Sleep Lab
- Massage Therapy
- Mindfulness
- Fitness and Yoga Classes
- Exercise Assessment & Prescription
- Stress Management
- Biometric Screening

Nutrition Services:

We provide lifestyle and medical evaluations to create eating programs to assist in weight loss and management. These programs can lower health risks and improve overall health.

Nutrition Counseling

Individual or group-based program that analyzes various health and food needs in regard to diet and exercise. Food prescription is also available.

Medical Nutrition Therapy

A service provided by a registered dietitian that assists people in changing eating behaviors to help prevent or manage many health conditions.

Diabetes Education

Individual or group-based program that help people with diabetes learn how to take the best care of themselves

Intensive Behavioral Therapy for Obesity

Treatment program for obesity that helps the patient learn how to change eating and exercise habits, helping them to lose weight

Grocery Store Tours

Provides education on affordable alternatives to common processed foods, reading and understanding food labels, shopping for seasonal produce and the impact of a store's layout on buying choices

Occupational Health:

A multidisciplinary team who is dedicated to the diagnosis, treatment and prevention of occupational injury and disease. We place a strong emphasis on meeting the needs of businesses and workers by helping reduce or prevent illness and injury in the workplace.

Pre-employment Physical and Specialty Exams:

These exams test job applicants to make sure that they can safely perform the jobs that they apply for. These exams may include a routine history and physical, drug screening, and/or complete lab work per employer request.

Medical Surveillance Testing:

Periodic testing of employee exposed to potential hazardous materials or other risks in the workplace. Some of the testing we offer includes:

- Pre-placement Physical Examinations
- DOT Physical Examinations
- Respirator Medical Certifications & Fit Testing
- School Bus Driver Physical Examinations
- Pulmonary Function Testing
- Hearing Testing
- Vision Testing
- Asbestos Surveillance
- Heavy Metal Medical Monitoring
- Drug and Alcohol Testing
- Drug-Free Workplace Training
- Immunizations
- Bloodborne Pathogens Training
- Respiratory FIT Testing
- Musculoskeletal Wellness Management

HEALTHY WORKFORCE



EMPLOYEE ENGAGEMENT PROGRAM (EEP)

How we feel about our job, our manager and place of employment has a direct impact on our health. More than 60% of employees are burned out and more than 30% feel stressed. Stress can cause hypertension and other chronic diseases as well as disengagement and absenteeism.

Life Path partners with employers to incorporate programs to help bridge the engagement gap while assisting employees to become happier and healthier.

We offer an affordable, turn-key program that improves recruiting and hiring, reduces turnover, increases the personal and professional performance of your employees, and strengthens overall engagement.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

The program is voluntary, confidential, and no-cost benefit to employees of businesses/ organizations that provides counseling, coaching support, and crisis services to help employees work through various life challenges that may adversely affect job performance, health, and personal well-being.

REHABILITATION SERVICES

Worksite Services:

Back Safety and Body Mechanics

This class will teach participants how to reduce repetitive strain on their back and neck by applying ergonomic principles to everyday movements and work-related tasks. Participants will actively learn how to protect their back from injury by practicing proper sitting posture as well as bending and lifting techniques.

Personalized Exercise Program

Many workers share the misconception that they do not need to exercise outside of work because their job is physically demanding. This program will educate employees about the importance of physical fitness to build base level strength and endurance for the physical demands of their job. Participants will learn exercise guidelines and how to incorporate those strategies into their workday.

Workplace Ergonomic Consults

A therapist will perform a worksite assessment, make adjustments to the current work environment and provide recommendations for improving ergonomics.

Physical Therapy:

- General Orthopedic and Post-Operative Rehabilitation
- Manual Therapy and Instrument Assisted Manual Therapy, Dry Needling, Blading
- Vestibular Rehabilitation – includes post-concussion treatment protocols
- Fall Risk Screening and Balance Therapy
- Neurological Therapy for Movement Disorders, Stroke, Traumatic Brain Injury, Spinal Cord Injury
- Parkinson's Wellness Recovery Rehabilitation
- Aquatic Program – post rehab exercise, aquatic therapy and community exercise classes
- Video Running Analysis

Occupational Therapy:

- Certified Hand Therapist
- Comprehensive orthopedic and post-operative treatment of elbow, wrist and hand
- Comprehensive Lymphedema Treatment
- Neurological Therapy for Movement Disorders, Stroke, Traumatic Brain Injury, Spinal Cord Injury
- Vision Therapy

Speech Therapy:

Comprehensive treatment of speech, language, swallowing and cognitive disorders

Pediatric Rehabilitation Services:

Provides a comprehensive, integrated approach to care for children from birth through adolescence involving physical therapists, occupational therapists and speech language pathologists.

The Ready Program:

(Preschool Program for Children with Autism)

An intensive preschool program directed by a licensed intervention specialist. The program provides small group and individual help from occupational, physical and speech therapy as well as applied behavior analysis to facilitate learning and readiness skills.





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