



St. Mary's Medical Center Employee and Community Health and Wellness Services

St. Mary's Medical Center offers a wide variety of health and wellness services for employees, their families and the community. Below is a brief description of key services and fees associated with them.

Employee Only Services

Employee Assistance Program

This is a free benefit to St. Mary's employees and their family members. Services include crisis counseling, mental health counseling, marital counseling, child counseling, substance abuse counseling, smoking cessation counseling, stress management, bereavement counseling, some psychological testing and referral to services for physician medication review. This service is offered by the Department of Mental Health Counseling & EAP. (Extension 1357)

Cost: Free

Health Risk Appraisals

A confidential personal wellness profile with detailed results and recommendations can be done by logging into www.mybenefitshome.com.

Cost: Free

Pharmacy Lunch-n-Learns

Pharmacists present on a variety of health topics with lunch provided.

Cost: Free

Wellness Center

An on-site exercise facility available to all employees, their spouses and dependent children ages 16-24. Physicians, volunteers, contract staff, retirees and students are also eligible to join.

Cost: \$9.23 a pay period or \$16.61 a pay period to add spouse or dependent child or \$20.77 a pay period to add spouse and dependent children
Monthly payment rates also available for those without payroll deduction

Wellness Wednesdays

Featured educational monthly health and wellness topics presented in the cafeteria for employees to gain knowledge and tools to live healthier lifestyles. This program is a collaboration between the Wellness Department and the Total Woman program.

Cost: Free

YMCA

Corporate discounted memberships.

Cost: Varies

Community and Employee Services

Alpha – 1 Antitrypsin Deficiency Testing

Alpha-1 Antitrypsin Deficiency is a hereditary disease that can be misdiagnosed as COPD. This testing is offered in the pulmonary rehabilitation department and is conducted through a simple finger stick to determine genetic risk for lung disease.

Cost: Free

Back, Bone and Brain Boot Camps

Specialists in neuroscience and orthopedic services present a wide array of topics covering issues related to the neurological and musculoskeletal systems.

Cost: Free

CT Coronary Calcium Scoring

CT coronary calcium scoring checks for calcified plaque that can build up in the coronary arteries and cause a heart attack. Coronary calcium scoring is a low-dose CT scan that provides non-invasive screening of the coronary arteries for calcium deposits. Patients who should consider the test include those with high blood pressure, high cholesterol, diabetes, obesity, high levels of stress or a strong family history of heart disease.

Cost: \$75

Diabetes Management Program

The Joslin Diabetes Center education affiliate at St. Mary's is a partner of the world-renowned Joslin Diabetes Center in Boston, an international leader in diabetes treatment, research and education. The certified diabetes educators at St. Mary's Medical Center partner with patients and physicians to provide diabetes education and support. The goal is learning to self-manage diabetes, keeping it under control and reducing risk of long term complications.

St. Mary's also offers a diabetes management program for employees with incentives to participate in the Joslin Diabetes Center's education program.

Cost: Most insurance companies provide coverage for diabetes education and St. Mary's offers a financial assistance program.

Health Fairs

A variety of health screenings and health education services designed to promote awareness.

Cost: Free

Health Screenings and Classes

Various health screenings and educational classes are offered throughout the year, such as cervical and prostate cancer screenings, childbirth classes, cancer workshops, etc.

Cost: Free

Kids in Motion

Kid Fit is a revolutionary program that will get kids moving and having fun, while learning about fitness and nutrition. Body Mass Index (BMI) and body fat percentage will be tracked throughout the program to measure progress towards reaching a healthier lifestyle. This program will not only include a focus on fitness, but also nutrition education. Grocery store tours and cooking classes will be provided to better equip the entire family to reach the goal of a healthy life. Family Fit is a program of Kids in Motion as well.

Cost: Varies; St. Mary's employees receive a discount for the program

Low-Dose CT Lung Cancer Screening

A CT scan that uses low-dose X-ray technology taken from different angles to look at the lungs and detect lung nodules or cancers.

Cost: \$75

Massage Therapy

Swedish, deep tissue/sports/myofascial, medical and hot stone forms of massage therapy are available in 30 and 60 minute increments.

Cost: Varies

Outpatient Nutrition Counseling

Nutrition counseling by physician referral.

Cost: Varies

Seniors in Motion Class

Low impact exercise class designed for senior citizens to increase muscle strength, flexibility, balance, core strength and stability.

Cost: Free

Smoking Cessation Program

This program is offered in pulmonary rehabilitation to help individuals quit smoking and provides confidential counseling sessions with a certified tobacco treatment specialist and a workbook from The Mayo Clinic.

Cost: St. Mary's employees: Free; Community: \$25 (cost includes counseling and workbook)

Speakers Bureau

Medical professionals present programs on a wide variety of wellness and health related topics.

Cost: Free

St. Mary's Healthy Highlawn Walking Trail

A walking path throughout the Highlawn Neighborhood that is a partnership between St. Mary's Medical Center and the Highlawn Neighborhood Association.

Cost: Free

Support Groups

Support groups are available for heart failure, better breathers club, cancer, etc.

Cost: Free

Vascular Screenings

Screenings for peripheral vascular disease, carotid artery and abdominal aortic aneurysm.

Cost: \$45 for each test or \$99 for three tests combined

Wellness Blood Profile

Complete blood count, blood chemistry panel and lipid profile lab tests offered January, April, July and October. Hemoglobin A1C and TSH available for an additional \$5 each.

Cost: \$25

Yoga

A practice which combines physical, mental and spiritual elements in order to provide a body and mind transformation.

Cost: Package and per class pricing available

Zumba / Zumba Toning / Zumba Sentao

A dance-aerobics fitness program with Latin music. Zumba Toning incorporates strength training into the workouts. Zumba Sentao focuses on Zumba in a chair.

Cost: Package and per class pricing available

For more information, contact St. Mary's Wellness Hotline at 304-526-6670.