

Welcome New Employee!



As an employee of Lucas County, you and your family have the opportunity to great benefits that the Lucas County Wellness Program has to offer. Outlined below are the services that your Lucas County Health Coach can help you and your family sign up for. Get moving and become a healthier you, call your Lucas County Health Coach today and start utilizing your benefits now!

Lucas County Wellness Program Services:

- Reimbursement program for gym memberships, weight watchers, medical weight loss, meditation, smoking cessation, and cardiac rehab
- Lucas County Drug Use Review Program
- Free on-site exercise classes
- Free one-on-one consultations and physical assessments (blood pressure, BMI, and body fat percent)
- Free on-going phone support (HRA help)
- Free cholesterol and blood glucose screenings
- Weekly emails regarding staying healthy on a budget, including healthy food items on sale, healthy recipes, and affordable local events
- Monthly wellness newsletter
- Annual walking program, health fair, and Great American Smokeout event

For more nutritional information and health education like us on Facebook.



www.facebook.com/lcwellness

Welcome, from your Lucas County Health Coaches!



Brought to you by the Lucas County Health Coaches : Caitlin, Crissy, Erica, Jeanetta & Justin
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