



**ALLEN
HOSPITAL**
IOWA HEALTH SYSTEM

Occupational Health



TAKING CARE OF
your
BUSINESS

January 2009

Hard Times, Tough People...*The Wellness and Productivity Connection*

Wellness is about more than an exercise or nutrition challenge. It's about more than just a wellness website, screening clinic or on-line learning opportunity. Wellness is about improving employee and organizational health and well-being. Wellness is about your organizational culture. It's about sustaining a healthy workforce — resulting in improved productivity and profitability.

Is your organization prepared for 2009? Let us help you assemble the right pieces for the entire wellness picture and achieve powerful results. Join us for an informative worksite wellness seminar on January 29th at Allen College in Waterloo, Iowa from 7:30am – 11:00am.

To register for this **FREE** seminar,
visit www.allenocchealth.com and click on the event titled

“Hard Times, Tough People: The Wellness and Productivity Connection”

Objectives:

Participants will:

- correlate employee health and wellness with workplace productive and ROI;
- describe the elements of a wellness program, including the SPECIES Model, and determine how one or more can be applied in their individual work setting;
- examine the potential utilization of incentives to enhance participation in a wellness program;
- discuss the role a Health Risk Assessment can play in identifying health risk factors how that information can assist in determining appropriate wellness programming; describe “best practice” wellness models currently utilized in various industries.

Presenters:

Dr. Nate Brady, is board certified in Occupational Medicine and is a graduate of the Occupational and Environmental Medicine Residency Program at the University of Iowa, where he also received his Master's degree in Public Health. He attended medical school at the University of Colorado Health Sciences Center.

Stephanie R. Downs, MS, is an Intrinsic Coach® and Health Promotion Coordinator for the City of Ames.

Kathy Green, Director of University Health Services, University of Northern Iowa. Kathy works with the student health clinic, counseling center, disability services, wellness, and recreation center. She has been involved with growing the wellness program from the ground up by educating the campus community about wellness, developing programs, generating revenue for programs, and building administrative and student support for a wellness budget.

Attendees Who Will Benefit From This Seminar Include:

- Health benefit plan administrators
- Employee Benefits Professionals
- Safety Managers
- Human Resource Professionals
- Wellness Program Vendors

Upcoming Events

Hard Times, Tough People. The Wellness and Productivity Connection

January 29th

7:30am Registration

8:00am —11:00 Seminar

Location:

McBride Auditorium,
Allen College

To Register visit:

www.allenocchealth.com or email
Natalie at kkrachtna@ihs.org

Mental Health Disorders In The Workplace

February 27th

8:00am—11:00am (See page 2)

Training Certification for Drug-Free Workplaces

Feb. 12, 8-10 a.m.

April 24, 1-3 p.m.

2 hr. Initial Training

\$34/person

Feb 13, 8-9 a.m.

April 17, 1-2 p.m.

1 hr. Annual Non-DOT Update
Training

\$22.00/person

Location:

Medical Staff Classroom at Gerard
Hall, Allen College

To Register visit:

www.allenocchealth.com or email
call Christina Johari at 319-235-
5043

First Aid/CPR Classes

Friday, January 23, 2009

8 a.m.—1 p.m.: First Aid & CPR

\$52.50

8 a.m.—10 a.m.: CPR Only

\$26.50

Location:

MidAmerican Classroom, Gerard Hall,
Allen College

To Register visit:

www.allenocchealth.com or email
call Christina Johari at 319-235-
5043

Safety Tips to Prevent Frostbite and Hypothermia

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help those who are affected.
- Train the workforce about cold-induced illnesses and injuries. Select proper clothing for cold, wet, and windy conditions.
- Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm, dry shelters to allow the body to warm up.
- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks).
- Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes.

Timely and Convenient Occupational Health Services Offered at Prairie Medical Park in Cedar Falls

Allen Occupational Health offers services at a convenient location in Cedar Falls at Prairie Medical Park (PMP). Please visit www.allenocchealth.com to download a printable map. Call 319-266-3127 or request PMP at time of scheduling.

For questions or comments on any information provided in this publication, contact:

Natalie Kracht at Allen Occupational Health. Email: krachtna@ihs.org or phone: 319-215-9573

Mental Health Issues in the Workplace Often Contribute to Low Productivity and High Absenteeism

Mental health issues represent approximately 9% of total medical absence for employers in the United States, or about 77 lost workdays per 100 workers annually. Based on annual direct medical absence costs of \$253 billion, or total costs including indirect costs of \$1.265 trillion, mental health issues are costing U.S. employers a staggering \$114 billion per year in lost productivity. The problem is not confined to the U.S., either, as it has become a global epidemic for the industrialized world. In fact, psychological disability claims have increased over 300% in the past decade, a trend that is projected to continue unless appropriate management tools are put into immediate action.¹

Mental health disorders include depression, anxiety, AD/HD, Bi-Polar Disorders, Eating Disorders, Alzheimer's, Schizophrenia and many others. Assisting employees with mental health problems, can be challenging yet rewarding.

If you would like to learn more about handling mental health disorders in your workplace, you won't want to miss a FREE seminar offered by Allen Occupational Health.

Mental Health Issues In The Workplace

February 27, 2008

8:00am – 11:00am

McBride Auditorium, Allen College

To register visit www.allenocchealth.com

For more information contact Natalie Kracht at 319-266-3842 ext. 302 or krachtna@ihs.org

1) The Management of Workplace Mental Health Issues and Appropriate Disability Prevention Strategies, Pamela A. Warren, Ph. D.