Smoking Cessation Support
Employee Wellness (614) 355-4154

- Smoking Cessation classes for employees held two times per year,
- Employees enrolled in the medical plan receive free Nicotine Replacement Therapy

Reflexology
Employee Wellness (614) 355-4153

- All employees are encouraged to experience this stress-relieving, unique method of using the thumb and fingers to stimulate more than 7,200 nerve endings in each foot
- Call to make an appointment. There is a fee for this service.

Self Defense Classes
Greg Daniels (614) 722-2130

- Assists employees in the event they need to defend themselves
- Simple, easy to learn steps geared towards "real world" situations
- Classes are held on main campus

Shower Pass Program
Employee Wellness (614) 355-4149

- For a small fee, employees are welcome to purchase access to the fitness center showers only

Walking Routes – Main Campus and 255 E. Main
Employee Wellness (614) 355-4149

- Livingston Park Loop (around the park perimeter) – .46 miles
- Indoor routes also available – visit Employee Wellness on Anchor
- 255 E. Main Street route available

Weight Watchers at Work *
Employee Wellness (614) 355-4149

- Sessions run 10 weeks at various Nationwide Children's locations
- Nationwide Children's pays a portion of the program fee for those who actively participate
- Enrollment fee processed through payroll deduction

Workforce Development
Keyla Fincher (614) 355-4146

- Academic and career coaching and tuition assistance
- Resume writing, interviewing techniques
- Assistance with the internal transfer process
- Medical Coding Certificate Program
- Medical Terminology Certificate Program

Nationwide Children's Hospital
700 Children's Drive
Columbus, Ohio 43205-2696
NationwideChildrens.org

The Employee Wellness staff is available to answer questions and welcome employee suggestions or comments. Please call us at (614) 355-4149 or (614) 355-4153 or email EmployeeWellness@NationwideChildrens.org.

NATIONWIDE CHILDREN'S
*When your child needs a hospital, everything matters.*SM

Employee Wellness Opportunities

NATIONWIDE CHILDREN'S
*When your child needs a hospital, everything matters.*SM

We Promote Health and Well-Being

Every employee matters at Nationwide Children's and that is important to our continued success as a leading healthcare facility. We believe healthy employees are better equipped to provide optimal care to the patients and families we serve on a daily basis. As employees lead their best lives and make optimum health a priority, this will translate into better outcomes for our patients.

Employee Wellness has many employee activities and resources available. Some resources are available only to employees who are enrolled in the employee health benefits plan, but most are available to all employees, including non-benefits-eligible employees.

Our Mission

To establish a work environment that models and promotes healthy lifestyles, decreases the risk of disease, enhances the quality of life and promotes work/life balance. Employee Wellness programs and activities empower employees to make voluntary behavior changes, improves their individual productivity, and encourages them to be conscientious health care consumers through educational and wellness activities.

Aetna Health Insurance *

(614) 355-4119 or www.Aetna.com

- Onsite Aetna representative available to meet with employees. Call for an appointment or with questions.
- Online health assessment for employees and insured spouses; all answers kept confidential; Nationwide Children's receives aggregate/anonymous summary data of all assessments combined
- Participants receive a discount on the health insurance premium

Community Supported Agriculture *

Employee Wellness (614) 355-4154

- Each spring employees are able to enroll in a CSA to have fresh produce delivered directly to their work or other nearby location, some CSAs even include home delivery.

Employee Fitness Center

From a hospital phone, dial: 8-8343 or (614) 355-4149

- Open to employees 24-hours a day by keycard access
- Extensive cardio and weight equipment available to members
- Employee rate $10/pay (payroll deduction), PAA $12/pay (payroll deduction) and Affiliate $28/month

Employee Health

Employee Health (614) 355-4135

- Health related services for employees, including consultations
- All mandated employee immunizations, including the flu shot/mist
- Onsite health screenings: blood pressure, mammograms
- Over-the-counter medication for employees
- Employee Assistance Program (EAP) referrals

Employee Sports Teams *

Employee Activities (614) 355-4112

- Softball teams, including co-ed teams
- Co-ed volleyball and basketball teams
- Golf team

External Fitness Center Membership Discounts *

- Discounts vary and change often; visit Employee Wellness, Employee Discounts section on Anchor

Group Fitness/Fitness Assessments

Jody Decker (614) 355-4159

- Free group fitness, incentive programs and workshops offered on a regular basis
- As a benefit to employees, free fitness assessments and exercise plans are also available on a limited basis
- Fitness assessments measure cardiovascular endurance, strength, flexibility and body fat

Compensation and Benefits *

(614) 355-4123

- Get answers to your health, vision and dental insurance questions
- Based on income guidelines, employees may be eligible for health insurance premium discount program and/or employer assisted housing program
- Tax-deferred annuity (TDA) program and flexible spending accounts (FSA)
- Adoption assistance, education assistance and pet insurance

Massage Therapy *

Employee Wellness (614) 355-4149

- Employee Wellness coordinates massage therapy for employees through their department managers; departments must schedule a minimum of two consecutive hours
- Licensed massage therapists provide on-site chair massage
- Special department hourly rates available
- Table massage is also available and can be processed through payroll deduction.

Matrix Employee Assistance Program *

(614) 475 9500 or (800) 886-1171 www.matrixpsych.com

- Confidential counseling regarding a variety of personal or professional concerns
- Legal and financial resources, including sample legal forms
- Work/life balance resources including fitness center locators, adoption resources, college planning tools, elder care, childcare and pet care
- If desired, Employee Health can also be used as a resource for this program

New Parent Resources

Employee Wellness (614) 355-4149

- Infant care and parenting classes through Community Education Department at www.NationwideChildrens.org
- The hospital has several private lactation rooms, equipped with hospital-grade pumps throughout the hospital for employee use:
  - Employee Health (K Building room)
  - 255 E. Main St, 2nd Floor
  - Research II
- Contact the Lactation Team at (614) 722-5228 for questions/tips for expressing milk once returning to work.

Nutrition Counseling

Kari DuBro (614) 355-4154

- Free, onsite nutrition counseling by registered dietitian
- This service designed specifically for employees and insured adult family members
- Healthy eating series, quarterly cooking demonstrations and other nutrition education courses offered on a regular basis

Dry Cleaning Pick up and Drop Off Service

Employee Wellness (614) 355-4153

- A local dry cleaner picks up and delivers dry cleaning to a designated location at the main hospital.
- If interested please call Employee Wellness

Onsite Medical Services for Employees

Outpatient Lab

- Blood draws ONLY;
- Available to employees who bring a lab prescription from their doctor
- For most employees, there is a discount (versus an outside lab) for using the Outpatient Lab.

Pharmacy Services

- Most prescriptions can be filled at the Main Outpatient Pharmacy, located in the OCC
- For employees and family members; there is no discount on the copay.
- Prescription costs can be processed through payroll deduction.

** These opportunities are available to our employees at offsite locations.*