



Workplace Wellness Workgroup Resource List

Organization Name	Contact Information	Information or Services Offered	Additional Notes
Genesis Health System	Genesis Wellness Department 563-421-3870	<ul style="list-style-type: none"> > Naturally Slim - naturallyslim.com/genesispatients > Comprehensive Corporate Wellness Services & Programs for employees > Stepping On > Ergonomic Workstation Evaluations > EAP > Community Pool Program > Smoking Cessation 	
Scott County Health Department	Community Transformation Consultant 563-326-8618 health@scottcountyiowa.com	<ul style="list-style-type: none"> > scottcountyiowa.com/health/community-transformation > Community Health Assessment aNd Group Evaluation (CHANGE) Tool > Nutritional Environment Measures Survey – Vending (NEMS-V) > Technical assistance in developing or strengthening wellness policies, and environmental changes to promote physical activity, healthy eating, and chronic disease prevention 	<p>Available to worksites in Scott County, IA only.</p> <p>No cost.</p>
UnityPoint Health - Trinity	UPH-T Wellness Department Staff 309-779-2484 trinity.wellness@unitypoint.org	<ul style="list-style-type: none"> > unitypoint.org/quadcities/services-wellness.aspx > Corporate Wellness Programs > ALA Freedom From Smoking Program > Community Wellness and Weight Loss programs > Community and Corporate Education Presentations > On-site Flu Clinics > Wellness program(s) development consultations 	
		<ul style="list-style-type: none"> > unitypoint.org/quadcities/know-your-risk.aspx > HealthAware Risk Assessments 	No cost.
University of Illinois Extension	Nutrition and Wellness Educator 309-756-9978 kmbogdo@illinois.edu	<ul style="list-style-type: none"> > web.extension.illinois.edu/hmrs/ > Putting Wellness to Work - health & wellness education in a Lunch-n-Learn format 	<p>Available through-out Illinois. Available in Iowa within 50 miles of Milan, IL.</p> <p>No cost.</p>

(Resources above provided by Be Healthy QC Workplace Wellness Workgroup members)



Other Online Resources (regional or national)	
Organization	Website
American Heart Association	heart.org/HEARTORG/
American Red Cross	redcross.org/
CDC - Workplace Health Promotion	cdc.gov/workplacehealthpromotion/index.html
Illinois Alliance to Prevent Obesity - Rethink Your Drink	preventobesityil.org/rethink_your_drink_campaign/
Iowa Healthiest State Initiative	iowahealthieststate.com/resources/worksites/
MyPlate	choosemyplate.gov/
Walk with a Doc - Quad Cities	walkwithadoc.org/our-locations/davenport/
WELCOA (Wellness Council of America)	welcoa.org/

(References are provided only for informational purposes)