Providing services to protect your physical health, support mental and emotional health, and promote a healthy lifestyle.

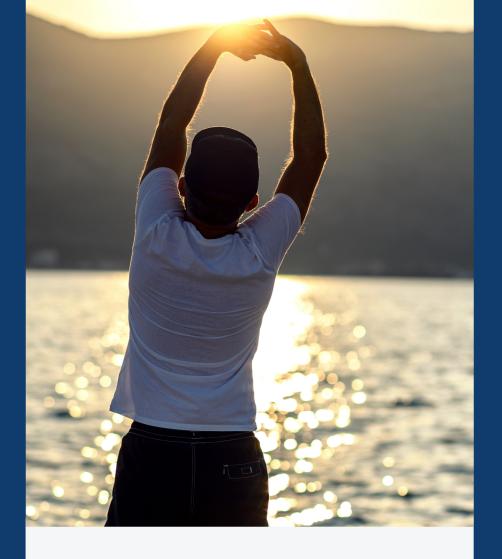








Your path to well-being is our purpose.



Health *Plus* promotes your well-being by helping you establish and maintain a healthy lifestyle.

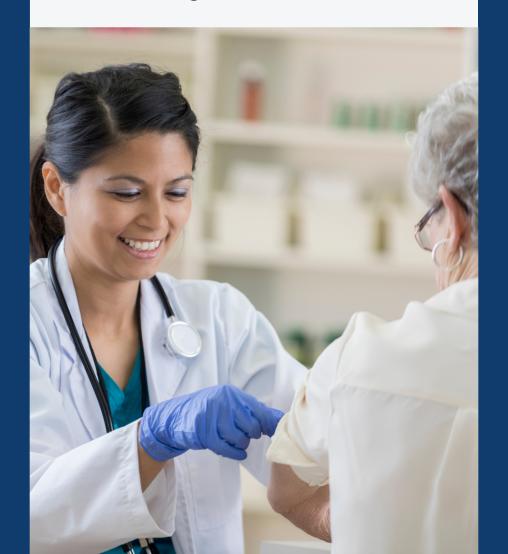
- Go for the Gold
- Diabetes Prevention Program
- Know Your Numbers
- Step Challenges
- Nutrition Corner
- Control is the Goal
- Babies & You



protects your physical health by offering immunizations, screenings, and injury care.

- Acute Care for Minor Illness
- Telehealth Services
- Ergonomics Evaluations
- Immunizations
- Risk Reduction Programs
- Health Screenings
- Work Injury/Illness Care

(615.936.0955





Work/Life Connections-EAP helps you with your mental and emotional health.

- In-person Counseling
- Telecounseling
- Performance Coaching
- Support Groups
- Critical Incident Stress Management
- Recovery Support
- Management Consultations

(615.936.1327