

Ways we provide service

- Protect your physical health
- Support mental & emotional health
- Promote a healthy lifestyle

Bringing Health Directly to You



CONTACT

HEALTH & WELLNESS

1211 21st Ave South
Suite 640
Medical Arts Building
Nashville, TN 37212

615-936-0961

vumc.org/health-wellness



@wellvanderbilt

**Maximizing
well-being &
productivity**



Health *Plus*



Occupational
Health Clinic



Work/Life
Connections-EAP



Health **Plus** 



Occupational Health Clinic 



Work  Life
Connections

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
- Healthier You presentations



615-343-8943

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

- Express Care Clinic
- Telehealth Services
- Ergonomic Evaluation
- Vaccinations
- Risk Reduction Programs
- Health Screenings
- Work Injury/Illness Care



615-936-0955

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

- In-person Counseling
- Telecounseling
- Performance Coaching
- Support Groups
- Crisis Intervention Program
- Recovery Support
- Management Consultations



615-936-1327