

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

 Occupational
Health Clinic

 Work/Life
Connections

 Health *Plus*



Contact Us

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

615.936.0961

vumc.org/hw


Health & Wellness

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
- Lifestyle Coaching
- Know Your Numbers
- Step Challenges
- Eat Well, Live Well
- Control is the Goal (hypertension)
- Diabetes Prevention Program
- Wellness Champions

📞 615.343.8943

Occupational Health Clinic

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

- Work Injury/Illness Care
- Acute Care for Minor Illness
- Telehealth Services
- Ergonomics Services
- Immunizations
- Medical Surveillance

📞 615.936.0955



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

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

📞 615.936.1327

