

Bringing Health Directly to You

Health & Wellness Virtual Services

In addition to our full range of in-person programs and clinical services, Health & Wellness offers many virtual services to support your health and well-being.



Work-Life Connections

- Counseling & Consultation
 - In-person Counseling
 - Telecounseling
- Recovery Support
- Peer Support
- Crisis Intervention
- Hardship Fund
- Performance Coaching



Occupational Health Clinic

- Telehealth Services:
 - Call 615-936-0955 to schedule a telehealth appointment.
 - work injuries/illnesses
 - acute care
 - work exposures to infectious diseases
- Ergonomic Evaluations
- COVID-19 Symptom Survey
- Surveillance Questionnaires
(e.g. animal allergy, MRI, etc.)
- IBC Research Risk Assessment & Guidance Survey



Health *Plus*

- Go for the Gold
- Health Programs
- Lifestyle Coaching
- Diabetes Prevention Program
- Step Challenges
- Control is the Goal



Interested in Virtual Services?

- Scan the QR code or click the link
- Visit our Health and Wellness website

<https://bit.ly/3DrNEr1>