



Saint Alphonsus

CORPORATE HEALTH AND WELLNESS



CORPORATE HEALTH EMPOWERING EMPLOYEES THROUGH LIFESTYLE MEDICINE

Who We Are

Saint Alphonsus Corporate Health offers tailored corporate wellness solutions throughout the Treasure Valley. Our dynamic team of wellness professionals specialize in lifestyle medicine practices, promoting long-term behavior change to support employee well-being. We're dedicated to addressing the holistic health of your workforce and fostering a culture that values wellness.

What We Offer



Comprehensive wellness programming, specially tailored to each company's needs



Results oriented strategies and services aimed at reducing preventable health risks



High touch, personal approach to assure long-term behavior change



Lifestyle medicine-based services provided by a **clinical team** of dietitians, nurses, health coaches, and medical providers

What Our Clients Say

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"The team functions as an extension of our company instead of a transactional, event driven program. The St. Als team is outstanding at forming personal connections and has been highly responsive to specific needs."

-Client of 11 years

"We've had a number of instances where critical health issues were identified early that helped employees avoid an acute health situation, in one instance likely saved the life of an employee."

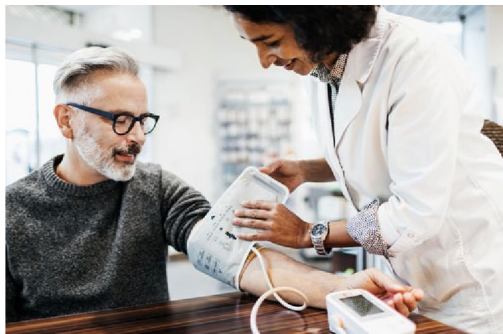
-Client of 10+ years

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To learn more, scan the QR Code below



Our Services



Preventative Services

Biometric/Comprehensive Wellness Screening

- Offered on-site at select worksites
- Complete Metabolic Panel (CMP), Lipid Panel, Hemoglobin A1c, Height, Weight, Waist and Blood Pressure
- Health Risk Assessment questionnaire
- Registered nurse review of participant's screening results and outreach to any individual with high risk results
- (NEW) Billable to insurance

Mental Health & Well-being Employee Assistance Program (EAP)

- Licensed mental health counselors provide confidential, professional counseling
- Available in-person or virtual
- Appointments within 2 weeks.

Nutrition (EAP)

- 1:1 consultations with a registered dietitian
- 1:1 consultations with a trained health coach
- Maximum of 6 sessions per person/family
- Appointments available in-person or virtual

Flu Shots

- Offered on-site
- Subject to availability

Disease Management Programs

Chronic Disease Management Program

- For individuals who do not meet the BMI, Blood Pressure, LDL & A1C targets
- Consultations with nurse, dietitian, and/or provider based on risk category

High Risk Clinic

- Provider consult with participants with abnormal critical screening results
- Personal health coaching, disease management, medication prescriptions, and pairing participants with a primary care provider

Multi-Week Programs

- **Focus:** Disease prevention, tailored to the needs of your workforce
- **Location:** On-line or in-person
- **Topics:** Blood Pressure, Cholesterol, Weight Management, Mental Health, Mindfulness & Lifestyle Medicine
- **Duration:** 5-10 weeks

Wellness Promotion

Webinars & Seminars

- **Focus:** Well-being and Lifestyle Medicine
- **Location:** Webinars - Virtual; Seminars - In-person
- **Schedule:** 45 minutes of content delivery and Q&A

Culinary Medicine Demos

- **Focus:** Nutrition and culinary education
- **Location:** Live
- **Schedule:** 1 hour of content, food preparation and Q&A

Additional Services

Wellness Coordinator Consultant

- Consultation with a wellness programing specialist to develop, modify or enhance your wellness offerings
- This specialist will provide on-going support through your program year

Incentive-based tracking & Reward Program Management

- Our team will help you track participation and completion of wellness programming and manage program incentives

PARTICIPANT RESULTS

85%

Reduced their Blood Pressure



78%

Reduced their A1C



33%

Transitioned out of the diabetes and pre-diabetes category



39%

Transitioned out of the hypertension category



GET IN TOUCH



Corporate Health & Well-being
901 N. Curtis Rd. Ste 403, Boise, ID 83706



(208) 367-6225



<https://www.saintalphonsus.org/employee-wellness-program/corporate-health/>



Saint Alphonus
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