

Denver Health Worksite Wellness



Take advantage of the numerous worksite wellness opportunities available to you at Denver Health!

Fitness Center

The Denver Health Fitness Center is located on the 1st Floor in 990 Bannock. The Fitness Center is open 24 hours a day, 7 days a week. You must enroll in the Fitness Center before you are able to access it. Cost for membership is \$5 a pay period through payroll deduction. No contract required— you may cancel at any time. Equipment includes: treadmills, bikes, ellipticals, free weights, bench press, lat pull down, leg curl/extension. Visit the Fitness Center Subsite on the Pulse for more information.

Know Your Health! Survey (Health Risk Assessment)

We want to assist you in identifying your health risks and strengths. Therefore, we have developed a voluntary confidential, online survey, called “Know Your Health”. The survey will ask questions related to your personal and family health history, health habits, mental health and clinical preventive services. After you complete the survey, a personalized online health report will be generated. The report will identify your health risks and strengths, and it will enable you to connect to other sites for further information and resources. To complete the survey, go to: <https://www.managedcare.com/ManagedCareASP/DHM01HealthSurveySignOn.aspx>.

Massage Therapy

Relax! Denver Health has contracted with J-Cubed Holistics to provide massage therapy onsite at a very reduced rate to employees. The cost is \$5 for a 10 minute chair massage or \$10 for a 15 minute table massage. Cash and check accepted. Please visit the Wellness Calendar on the Pulse for location and times.

Wellness and You—Healthy Dining in the Good Day Café (Cafeteria)

Did you know that the Denver Health Cafeteria—the Good Day Café—has healthy dining options? *Wellness and You* items are foods that meet certain criteria for calories, fat, cholesterol and sodium. You may check out the daily menu by visiting the Food Services Subsite on the Pulse. Click on any menu item to display a nutrition facts panel that lists calories, fat, cholesterol and sodium.

Wellness and Fitness Classes

Denver Health offers a variety of onsite wellness and fitness classes that are free or at a very reduced rate for employees. Classes include: Hatha Yoga, Salsarobics, Meditation, Tai Chi and Laughter Rx. Please visit the Wellness Subsite on the Pulse for an up-to-date calendar listing dates, times and locations of wellness activities.

More Wellness Opportunities at Denver Health!

Denver Health Medical Plan Health Coaches

If you are a member of one of the Denver Health Medical Care plans, health coaches are available to help you improve your health habits or manage your chronic conditions (such as diabetes). For more information, call the Care Management Program at 720-956-2252.

Health and Wellness Discounts

Denver Health offers discounts to a number of health and wellness providers in the Denver area. Discounts include: Matrix Fitness/Spa, Colorado Athletic Club, Denver Athletic Club, Eden Spa, Better Bodies Cardio and Fitness Centers, CorePower Yoga, Jenny Craig, Profundus Medical Massage and Bally Total Fitness. For a current list, please visit the General Information tab on the Pulse.

Reduced Membership Cost to Join Denver Parks and Rec

Benefit eligible employees may receive a \$25 discount on an annual Denver Parks and Rec membership. Parks and Rec members may use the City's 29 recreation centers, 12 indoor pools and 16 outdoor pools. Please sign up for this discount through the benefits office and payroll will deduct \$5.21 from each paycheck. You must commit to a one-year contract (total cost of one-year membership is \$125).

Seasonal Health Promotion Programs

Be on the lookout for a variety of seasonal health promotion programs offered throughout the year. Programs include: The Great Holiday Weigh (7-week weight maintenance program) and Let's Get Walking (6-week walking program). Please visit the Wellness Subsite on the Pulse for updates.

Tobacco-Free Campus

Because Denver Health cares about the health of its employees, patients and visitors, on November 20, 2008 Denver Health became a tobacco-free workplace and environment. All forms of tobacco are banned from use on Denver Health property, including the sidewalks adjacent to Denver Health property. Nicotine gum, lozenges and patches are available for purchase in the Denver Health gift shop. When you are ready to quit, the Colorado QuitLine at 1-800-QUIT-NOW or www.coquitline.org may assist you.

Worksite Wellness Committee

The Denver Health Worksite Wellness Committee meets quarterly with the goal to increase the health and wellness of employees at Denver Health. For more information regarding the committee, please contact Eileen Duin, Wellness Coordinator, at 303-602-3675.

**Visit the Wellness Subsite on the Pulse: <http://dhpulse.hosp.dhha.org/SiteDirectory/wellness/default.aspx>
for an up-to-date calendar of upcoming wellness activities
and as a resource for wellness information.**

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Coordinator, at 303-602-3675.**



**DENVER
HEALTH**

Level One Care for ALL

Worksite Wellness