

HEALTH & WELLNESS SOLUTIONS



Cancer

- A Focus on Men's Health — Prostate, Testicular and Colon Cancers
- Breast Cancer 101
- Breast Health Resources Every Woman Should Know
- Cancer: Thriving and Surviving
- Colon Cancer Awareness
- Mammogram Screening 101 and Ask an Expert
- Navigating Menopause
- Quit Smoking Now
- Tools to Quit
- U B Well — Mammogram Program

Diabetes & Heart Health

- Basic Life Support CPR and AED
- Blood Pressure Management: Healthy Habits That Last
- Diabetes and Heart Disease
- Diabetes 101
- Diabetes Basics Workshop
- Diabetes Self-Management Education Program (ADA Recognized)
- First Aid Only
- Gestational Diabetes: Nutritional Management
- Healthy Eating for Patients with Diabetes
- Healthy Heart: Session #1 — Nutrition for Heart-Healthy Living
- Heart Health
- Heart-Healthy Nutrition
- Heart Healthy: Session #2 — Nutrition for Managing Blood Pressure and Cholesterol
- Heartsaver CPR and AED
- Heartsaver First Aid with CPR and AED
- Hypertension Overview
- Living Healthy with Diabetes
- National Diabetes Prevention Program — Prevent T2
- Nutrition and Diabetes Prevention: Diet and Lifestyle Changes
- Prediabetes/Diabetes: The Journey to Better Health
- PUMP — Pressure Under Maintenance Program
- Pump Up Your Heart with Activity
- Rest Assured: The Effect of Sleep on Blood Pressure
- YMCA Blood Pressure Self-Monitoring Program

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Fitness & Weight Mgmt.

- 0-5K Program
- 5 Weeks to a Stronger 5K Program
- Active Living Every Day
- Body Composition Assessment (Tanita Scale)
- Exercise and Stretching at Your Desk or Outside
- Group Fitness Classes — Core, Strength, Cardio
- Mat Pilates
- Start and Stick: A Guide on How to Start and Stay with Exercising (FITT)
- Stretching
- Tai Chi: Moving for Healthy Hearts
- Using Your Heart Rate to Maximize Your Fat-Loss Goals
- Workday Warmup
- Yoga
- Zumba

Infection Prevention

- Assess Mechanical Ventilation Capabilities
- Clinic Design for Infection Prevention
- Consult on PPE and Hand Hygiene Tools
- Device Management
- Early Detection/Management
- Employee and Staff Education:
 - In-Person Education
 - Live Online Webinars
 - Quarterly Newsletters
 - Virtual or In-Person Tours
- Exposure Control Plan
- High-Level/Low-Level Disinfection
- Industrial Hygiene Team
- Infection Surveillance
- Management of Bloodborne Pathogens
- Outbreak Management
- Prevention and Control
- Safe Injection Practices

Mental Health

- Back to Balance: A Stress-Relieving Q&A with TGH Alternate Titles: What Does Self-Care Look Like?
- Ask a TGH Expert: Self-Care Stress Management
- Creativity for the Mind: The Arts and Mindfulness
- Custom Mental Health Lecture — Ask Us About Customizing to Your Work Culture
- How to Have Tough Conversations at Work
- Mental Health First Aid
- Mind Full or Mindful: Slow the Mind to Boost Resilience
- Music for the Mind: Music as Meditation
- The Stress Effect: Recognizing the Impact of Stress and Recovery Strategies
- What's in Your Toolbox: Self-Care Techniques to Build Resilience and Support Emotional Wellness



Musculoskeletal

- Back Health Education
- Breathology: The Art and Science of the Conscious Breath
- Ergonomic Tips: Sit. Stand. Lift. Repeat.
- Ergonomic Workstation Assessment
- Home Office Ergonomics
- How Important Is Your Posture to Your Work?
- Introduction to Strong Posture
- Job Site Ergonomic Evaluation
- Musculoskeletal Injuries:
 - Carpal Tunnel Syndrome
 - Tennis Elbow
 - Back and Neck Pain
 - Shoulder Pain
 - Wrist and Hand Pain
- Office Ergonomics in 4 Simple Steps
- Prehab for Injury Prevention
- Pre-Shift Stretching Training
- Safe Lifting and Back Safety

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Nutrition

- 1:1 Dietitian
- Cooking Classes
- Creating a Balanced Plate
- Creating Your Meal Plan
- Desktop Dining
- Discovering Added Fats and Sugars in Your Diet
- Eating Well On the Go
- Fad Diets
- Foodwise Parts 1 and 2
- Healthy Eating Every Day
- Healthy Food on a Budget
- Mindful Eating
- Monitoring Your Intake
- Nutrition and Improved Immune Function
- Nutrition, Hydration and Peak Performance
- Plant Your Best Foot Forward
- Portion Distortion
- Shake Off the Salt
- Staying Healthy During the Holidays
- Successful Strategies for a Healthy Weight
- Understanding Portion Sizes and Food Labels
- What Is “Healthy”?

Onsite & Mobile Services

- Annual Physicals
- COVID-19 Testing
- Diagnostic Testing
- Health Fairs
- Health Screenings
- Immunizations:
 - Influenza
 - COVID-19
 - Hepatitis B
- Lab Work
- Management of Onsite Clinics
- Onsite Clinical Services
- Preemployment Testing
- Post-hire Physicals
- Regulatory Examinations
- Wellness Checkups

Preventive Care & Well-Being

- A Matter of Balance: Managing Concerns About Falls
- Addictions — More Than Drugs and Alcohol
- Breaking the Stigma of Mental Health
- Heat-Related Illnesses
- Health Fair Custom Topics — Ask Us About Topics You Are Interested In
- How to Keep a Healthy Voice
- Living Healthy with Chronic Conditions
- Living Healthy with Chronic Pain
- Living Healthy, Working Healthy
- Meaningful Conversations: Creating an Advance Directive
- Positive Self-Management Program
- Staying Healthy at Work: Protecting Your Mental and Physical Health
- Taking Care of You: Abandoning Work/Life Balance, Identifying Stressors and Symptoms, and Using Recovery Strategies
- The Importance of Preventative Care
- Understanding Kidney Disease
- Why Our Bodies Need Water: Discovering the Importance of Hydration
- Women’s Health 101
- Women’s Self-Defense: Basic and Advanced Hands-On Skills



Sleep

- Asthma Workshop for Parents
- COPD
- Do Your Dreams Miss You? Sleeping Well and Living Well
- Get Sleep
- Sleep Apnea Screening
- Sleep Thieves: Make the Arrest for Better Sleep

Virtual Health

- TGH Virtual Health App
- TGH Virtual Health Kit Powered by TytoCare
- TGH Virtual Health Mobile Powered by TytoCare
- Onsite Virtual Clinic:
 - TGH Virtual Health Clinic Powered by TytoCare
 - OnMed — Self-Contained Telemedicine Station

ROADMAP TO HEALTH

TGH will support you and your team by creating a clear pathway where they can feel engaged to participate and take ownership of their health.

Through our complete approach to your employee's well-being, we will help maintain your employee's health and safety to improve your overall team member engagement and business results.

ACCESS TO CARE:

Preferred scheduling connects your employees to the right care at the right time.



MOBILE CARE TO YOU:

TGH brings care to your locations anywhere.



REWARDS:

TGH rewards celebrate your workforce.



WELLNESS PROGRAMS:

TGH wellness programs provide education, engagement and follow-up care.



VIRTUAL HEALTH:

TGH virtual health links your team to technology for accessing care.

Contact us to learn more about how OneTGH can re-energize and engage your team:

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TGH.org/OneTGH



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