

# EMPLOYEE WELLNESS FAIRS

Help protect and promote the health and wellness of your work force. Healthy employees are less likely to call in sick and are more productive.

## WHAT VHA HOME HEALTHCARE OFFERS

Our team of nurses, pharmacists, and support staff can partner with your human resources or occupational health department to deliver a wellness fair and/or clinic at your place of work.

## EMPLOYEE BENEFITS

Employees can:

- Get their blood pressure checked by a nurse and learn about lifestyle factors that can help them manage their blood pressure.
- Talk to a nurse to learn about the common types of cancer (breast, cervical, colorectal, etc.), their associated risk factors, and the recommended screenings for early detection.
- Learn how to check their blood glucose level with a nurse and learn about about lifestyle factors that can help them prevent getting diabetes (Type II) or help manage their diabetes.
- Talk to a nurse about healthy lifestyle choices
- Get vaccinated against COVID-19 or influenza (seasonally dependent).
- Speak to a pharmacist about medication management, safe disposal of unused medications, and medication adherence.

## ARE YOU READY?

- 👍 Reach out to VHA's team at [thru@vha.ca](mailto:thru@vha.ca)
- 👍 Talk to your organization's Occupational Health department about "What wellness initiatives might they want to contribute to the fair?"
- 👍 Start getting the word out and advertise. You want to reach as many employees as early as possible.



## WELLNESS SERVICES

Blood Pressure Checks and Education



Blood Glucose Checks and Diabetes Education



Cancer Screening Education



General Health Education



Medication Management, Safe Medication Disposal, Medication Adherence



Nutrition and Healthy Lifestyle Choices



Vaccinations (Seasonally dependent)

