



## Get Started Today

We are excited about the opportunity to work with you and your company to develop and implement a wellness program that fits your needs.

Contact us through one of the following:

### Online:

[kh.org/myhealth](http://kh.org/myhealth)

### Phone:

208.625.4628 or 208.620.4176

### Email:

[myhealth@kh.org](mailto:myhealth@kh.org)

### Locations:

#### Kootenai Health

2003 Kootenai Health Way  
Coeur d'Alene, ID 83814

#### MyHealth Employee Wellness Center

940 Ironwood Drive, Suite A  
Coeur d'Alene, ID 83814

# MyHealth

Employee Wellness

## MyBody

- Weight loss
- Healthy food choices

## MyMind

- Stress management
- Work/life balance

## MyFitness

- Exercise programs
- Fitness competitions

## MyFinances

- Retirement Planning
- Debt management

### MyHealth

208.625.4628 tel or  
208.620.4176 tel



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**KootenaiHealth**

## What is Workplace Wellness?

Your employees are your most valuable resource. Investing in their health and wellness has proven to increase productivity and reduce absenteeism and ultimately improve your bottom line.

The Centers for Disease Control (CDC) reports that at least 50 percent of an individual's health status and the associated health care costs are directly related to lifestyle choices. Self-insured employers in today's tight economy are realizing that changes in benefit plan design cannot hide the increases in health care costs. We must get to the root cause – preventing disease through wellness.

Workplace wellness programs incentivize employees to start or continue making healthy lifestyle choices. Studies show that every dollar you spend on wellness can save your business \$3-6 within 2-5 years.

Savings are seen in:

- Reduced health care costs
- Reduced absenteeism
- Lower workers' compensation claims
- Greater productivity



## What is MyHealth?

MyHealth is a wellness-centered Kootenai Health service. Our role is to educate, inspire and empower employees to maximize their health potential.

Through various wellness initiatives, MyHealth supports its employees in making lifestyle choices that result in improved physical, mental, social and spiritual well-being.



We provide opportunities, resources, and incentives to identify and address health risks, increase early detection of disease, and create a safe, healthy working environment. We are excited to now offer our expertise and resources to organizations throughout our community.

## MyHealth's Services

MyHealth offers a wide variety of wellness solutions that will meet the needs of your organization. We will work with your company to implement a workplace wellness program and improve the well-being of your employees.

Our approach to workplace wellness begins with understanding your company and its employees. We fully assess the needs of your organization and will work with you and your staff to deliver comprehensive and effective wellness programs.

MyHealth's wellness programs are customizable and can be tailored to fit the unique culture of your organization. We offer:

- Personal Health Assessments
- On-site biometrics and blood testing
- On-site flu shot clinics
- Wellness initiatives/competitions
- Health coaching
- Disease management
- Yearly needs assessments
- Employee access to our online wellness portal
- Education seminars
- Access to our trusted wellness vendors and group pricing strategies
- Return on investment and overall health status reports
- Reporting
  - Return on investment
  - Organizational health status
  - Needs assessments