



## Worksite Wellness program collects baseline biometric data

Three companies participating in the Worksite Wellness comprehensive pilot program recently hosted hypertension screenings for employees at their workplaces. The pilot project, conducted by the Center for Well-Being in conjunction with the County of Sonoma, will determine whether health education and recommended wellness initiatives implemented by the pilot worksites can enhance employees' health.

St. Joseph Health's Mobile Health Clinic staff visited Workrite Ergonomics, Catholic Charities and Council on Aging during December and January and performed blood pressure and blood glucose screening. The mobile health clinic provides medical care to underserved populations as part of the St. Joseph's community benefit program, and also partners with other organizations in providing screenings and health counseling at worksites.

Sixty-three employees participated in the screenings at Workrite Ergonomics, approximately 45 staff members received the screenings at Catholic Charities worksites, and about 15 staff members at Council on Aging took advantage of the service.

Redwood Credit Union, La Tortilla Factory and Straus Yogurt—also pilot sites for the Worksite Wellness program—are collecting employee biometric data through their own healthcare providers.



Nonprofits find our Worksite Wellness programs beneficial too! Council On Aging Financial Case Manager Desiré Reinboth chats with Juanita Gonsalves, Medical Assistant for the St. Joseph Health Mobile Health Clinic and Ariel Muirhead, Coordinator of Center for Well-Being Worksite Wellness program.