ACMC WORKPLACE WELLNESS PROGRAM

The wealth of business is best founded on the
health of its workers.

Ashtabula County Medical Center is committed to improving the health and wellness of the community. The ACMC Workplace Wellness program allows us to work directly with businesses to create individualized employee wellness programs that not only improve the health of staff, but also improve the organization’s bottom line by reducing health care costs and increasing productivity.

How healthy are your most important assets?

Your employees are your greatest assets. They also reflect your business’s greatest expense in the form of salaries and benefits. You can protect that asset – and reduce expenses – by investing in employee health and wellness initiatives. One of the largest benefit costs absorbed by companies and organizations is healthcare.

Lifestyle factors, including smoking, poor nutrition habits, and physical inactivity increase the burden of chronic disease. Poor lifestyle choices lead to costly medical intervention to treat what are often avoidable illnesses.

The best way to reduce healthcare costs is to improve the health of your employees – and long-term lifestyle changes are key to making that happen.

Current Workplace Wellness Partners:

MFG, Grand River Rubber, Martini’s, Ashtabula County, Zehro, Ashtabula Area City Schools, Gabriel Performance Products, St. John School, Premix, Country Club Retirement Center, Bridge Street Pizza, All Pro Transport, A. Louis Supply Co.

If you are interested in the ACMC Workplace Wellness Program, please call June Penniman at (440) 998-3488 or email june.penniman@acmchealth.org

Benefits of a Workplace Wellness Program

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<td>Productivity</td>
<td>Health Care Costs</td>
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<td>Job Performance</td>
<td>Absenteeism &amp; Sick Leave</td>
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NOVEMBER: AMERICAN DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it’s not controlled.

One in 11 Americans have diabetes — that’s more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

ACMC Diabetes Education Program

Whether you are newly diagnosed or someone who has had diabetes for a long time, ongoing self-management education empowers you to control your diabetes and take charge of your life.

The ACMC Diabetes Education Program offers individual consultation, group classes, educational programs and support to assist you in managing your diabetes.

In many cases, you can control your diabetes through better nutrition, a healthy weight, physical activity and regular checkups with your healthcare team. Sometimes medication is also necessary, which your healthcare provider will determine. Medication, if prescribed by your doctor or nurse practitioner, is a crucial component of diabetes management and should be taken as directed.

Remember that what, when and how much you eat, exercise and monitor are important factors in managing diabetes. The ACMC Diabetes Education Program can help you develop and follow a plan based on your individual needs.

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We Are Here
To Help!
Do you have a question for a Personal Trainer or Group Fitness Instructor? Submit your question to the front counter and one of our trainers or instructors will be happy to give you an answer. Your question may also be featured in an upcoming newsletter!

FEATURED TRAINER

We are excited to announce that Jeanine Bartlett is now available for Personal Training at Premiere.

Jeanine taught Physical and Health Education for 31 years in the Jefferson Area Local School District. She has a Master’s degree in Health Education, and Certifications in Pilates, Cycling, Yoga, and Personal Training.

In addition to her group fitness classes, Jeanine is also instructing yoga classes at Pairings in Geneva, OH. Yoga - Wine and Yoga - is $10 to attend and includes a $2 coupon that can be applied toward an optional healthy lunch that will be available immediately following a class. The next class is Tuesday, November 10th, from 10:00 am to 11:00 am. Call (440) 361–2222 to reserve your spot or visit www.pairingsohio.com to register on-line.

To schedule a Personal Training session with Jeanine, please call (440) 998-3488 or stop by the front desk.

“DOZEN” IT FEEL GREAT CLUB!

Congratulations to the October “Dozen” It Feel Great winner Maryann Jordan. How Do I Join The “Dozen It Feel Great!” Club? Simply work out 12 or more times per month. We will draw a lucky winner each month for a special gift. Every month you work out 12 or more times, you will receive an entry for the annual grand prize, a FREE ONE-YEAR MEMBERSHIP!

LUNCH ‘n LEARN

Don’t miss our monthly Lunch ‘n Learn series on Tuesday, November 17th from noon to 1 pm. Join Craig Zippe, MD for his presentation on Prostate Cancer: What men and women need to know.

What services does the ACMC Diabetes Education Program offer?

ACMC’s diabetes team of registered nurses, dietitians and pharmacists work closely with you and your doctor to provide comprehensive support, including:

• One-on-one teaching of meal planning, diet modification and weight control
• Instruction for diabetes care tasks and pattern management
• Group classes for self-management skills and living healthy

How do I enroll in the ACMC Diabetes Education Program?

The ACMC diabetes team is ready to help you manage your diabetes and answer any questions you may have. Simply contact the ACMC Diabetes Education Program at 440-994-7598 or diabetes@acmchealth.org.


Join us at Premiere on Wednesday, November 4th to celebrate National Eating Healthy Day! We will have healthy eating handouts and snacks. Staff will also be available to answer any of your healthy eating questions.