Wellness Services

- Monitoring Programs:
  - Blood Pressure
  - Diabetes
  - Cardio Vascular
  - Neurological

- Surveillance Programs
  - Sleep Apnea
  - Hearing Conservation
  - Heavy Metals
  - Asbestos
Wellness Programs:

- Fitness Challenges
  - Recumbent bikes added to depots
  - WOW (Walk-on-Wednesday) Series
- Yoga and Mindfulness Series
- Nutrition Counseling
- Employee Assistance Program (EAP) Services
Wellness Services

• **Health Fairs**
  • Flu Vaccines
  • Massage Therapy
  • “Ask the Dietician”
  • Glucose and Cholesterol Screenings
  • Blood Pressure Screening and Body Mass Index (BMI)
  • Informative Displays
  • Information on EAP
Wellness Services

- Breast Cancer Awareness Program
  - We are SEPTAbulous in Pink!
    - October “Breast Cancer Awareness Month”
    - Fox Chase Mobile Mammography Van

- National Monthly Health Observations
  - Informational Lunch & Learns
  - Town Hall Discussions
Wellness Services

• COVID-19 Updates
  • Temperature Checks and PPE for all employees
  • Employee Health Fairs with Flu, COVID and Shingles Vaccines
  • Provided employees with weekly tips
    • Parenting Strategies
    • Return to Work
    • Self-Care
  • “Identifying & Managing Stress” Course
  • Town Hall Discussions
  • Septa Frontline Heroes Tribute Wall