



Employee health benefits and programs are investments in the health of employees. Programs to maximize health are investments in human capital assets, providing returns fully competitive with investments in IT or training programs. Without healthy employees, the returns on the other investments will not be fully realized.

Health behaviors are ultimately the responsibility of any individual but through coaching, environmental frameworks, and positive reinforcement, employers can motivate an entire workforce to maximized health and best job performance.



Lenoir Memorial
Hospital

Corporate Health
100 Airport Road
Kinston, NC 28501

Lenoir Memorial Corporate Health Program



Strong employers recognize that their employees are a vital part of their “human capital”. Employees are a company’s most important asset. The old question of what does it cost to make employees well, should really be what does it cost NOT to keep employees well in the first place? This concept gets to the core of helping an employer gain the true value of having healthy employees.



Lenoir Memorial
Hospital

Why use our worksite services?

- Boost employee productivity
- Improve employee retention
- Improve overall employee wellness
- Decrease employee absenteeism
- Boost corporate image and employee recruitment
- Help lower company health insurance premiums
- Lower risk for workers compensation costs

“Wellness is good for business. What’s good for the employee is good for the employer.”

– Wellness in the Workplace

Corporate Health Services

These services focus on wellness and prevention. The components can be tailored to each employer’s needs. The services can be brought directly to your worksite at a time to fit employee’s work schedule. Available services include:

- Health risk appraisals
- Custom wellness program design
- Individual health coaching
- Flu vaccination
- Tetanus vaccination
- Hepatitis B vaccination
- Risk specific education (ie..diabetes, cardiac, cancer, etc...)
- Back safety education
- Smoking cessation programming
- Worksite newsletters
- CPR/AED training and certifications
- Screenings (BP, Cholesterol, BMI, Body fat%)
- Health fairs
- Exercise education/demonstrations, incentive programming
- Lab testing-lipid panels, blood glucose, PSA
- After hours urine drug screen collection
- On site nursing services
- Disease case-management
- Ergonomic Assessments

Call 522-7397
to speak to a member of our Corporate Health team and tell us about your needs.

Minges Wellness Center Corporate Membership

A special corporate rate is available to area business and industry. The Minges Wellness Center, a medically based fitness center is located in Lenoir Memorial Hospital and offers a pleasant experience for members through the use of an indoor walking track, strength training center, aerobic equipment, and beginner group classes. Fitness professionals are always on hand to guide safe and effective exercise programming.

Corporate rates are reduced to \$20 per month per participant. Requirements are:

- Employer must have a minimum of ten participants.
- Six months of pre-payment is required for each participant, paid by the employer.



Minges Wellness Center
exercise is strong medicine

For more information call
252-522-7028