



Pomerene
HEALTH MATTERS

Wellness Menu of Services



IMMUNIZATIONS

Flu Shots

On-site flu clinics



SCREENINGS

Our technicians also provide screening results, educational information, and helpful tips.

Blood Pressure Screenings Cholesterol/Glucose Screenings



**Fingerstick Method:* Results available in less than 5 minutes. Allows for immediate results, coaching and education.

- **Cholesterol:** Total Cholesterol, HDL breakdown, and lipid profile test & Glucose Test
- **Glucose** (blood sugar)

HbA1c

Helps indicate the risk of Diabetes. HbA1c looks at a longer time span of your typical blood sugar range, as compared to blood glucose screening.

Body Fat Analysis

Hand held device analyzes % body fat using bioelectrical impedance technology.

All services include:

- **Health Information Display** - An extensive collection of educational handouts explaining, in simple terms, topics such as cholesterol, glucose, nutrition, and fitness.
- **Post-Screening Results Health Coaching Session** - A brief session with a medical professional to discuss results following screenings.
- **Referrals where appropriate and necessary**

* Please contact **Pomerene Wellness Coordinator, Tara Martin**, at Tmartin@pomerenehospital.org or (330)473-3781

WELLNESS

Employee Wellness Programs

Motivate employees to new levels of health, exercise, nutrition, reduced stress, and higher job productivity.



Group Exercise Class

Designed uniquely for employees based on facility or exercise area capabilities. Group size may vary.



Online Health Risk Assessment (HRA)

A 10-minute health questionnaire about lifestyle and behavior choices. Results will help in developing an effective employee wellness plan.



Population Data and Reporting

Reports include an individual health profile and executive group summary report.



My Pathway to Health™ Portal

Our web portal offers many tools to support lasting behavior modification and employee engagement. **Features include:** Goal Setting Tool, Health Library and Educational Resources, Health Calculators, Scorecard to track credits or incentive points if offered, and Interactive Health Trackers to monitor progress and keep up with “knowing your numbers”, among others.



Health & Wellness Lectures

Experts are available to present on a variety of health and wellness related topics.



First5 Weight Loss Program

A 6-week program where health coaches guide members in losing those first tough 5 pounds. Program guide available for members.



Tobacco Cessation

A 7-step health coaching program guides members in stopping tobacco, no matter where they are in their readiness to quit. Program guide available for members.



Coaching

Health coaches provide front line support and education on health risks. Many employees require ongoing support to meet and maintain their health goals and manage their stress.





Menu of Services

At Pomerene Hospital, we offer a full range of health, wellness, and disease management services. Our services are convenient, close to home and aimed at reaching individuals and employees in our community right where they work and live. Our focus on preventive medicine and primary care enables us to offer a wide range of services, tools, and support to get and keep people well, in addition to effectively managing and treating chronic diseases and conditions.

For more information on **Pomerene Health Matters**, speciality care, and services for Amish employees, please contact **Tara Martin**, Wellness Coordinator at tmartin@pomerenehospital.org or (330)473-3781

SPECIALTY CARE

Cardiology Services



Our Holmes County Cardiology Services (Pomerene Hospital and Cardiovascular Consultants) provides a full range of diagnostic services, cardiology consultations, diagnosis, treatment and prevention of conditions related to the heart and blood vessels as well as post-operative follow-up care, cardiac rehab, and heart disease management. Seamless care from experienced cardiologists close to home.

Emergency Department



Our Emergency Department offers 24-hours a day, 7 days a week medical services for urgent illnesses or injuries. Our expert nurses and physicians provide prompt examination and treatment. Emergency services include trauma, orthopedics, cardiac, and stroke care.

Maternity



Patient and family-centered care are at the heart of our compassionate maternity services, which include: OB physicians, childbirth education, midwifery, parent and baby education, lactation services, and comfortable birthing suites.

Primary Care



Our primary care providers offer quality patient-centered care, managing all common and unique conditions, and coordinating both inpatient and outpatient care. Primary care is at the core of health and wellbeing, and we stress the importance in finding the right provider for every individual.

Sleep Center



We specialize in diagnosing sleep-related disorders that if left untreated can lead to conditions like heart disease and high blood pressure. No one needs to suffer from excessive sleep disorders, including loud snoring, insomnia, and sleep apnea (failure to breath during sleep).

Diagnostic Imaging



Our many diagnostic services include, 80-slice CT Scanner, Open Bore MRI, Digital Mammography, Bone Density, Radiography/Digital Fluoroscopy, General and Cardiovascular Ultrasound, and Nuclear Medicine imaging. State-of-the-art technology and a dedicated team of our board-certified radiologist and technologist provide exceptional patient centered care.

Express Care



Provides prompt, convenient care for basic illnesses and other non-life threatening medical concerns. Weekday evening and Saturday hours provide an alternative when your doctor's office is closed. No appointment necessary.

Outpatient Care



Infusion Therapy and Endoscopy services can be performed close to home. Our experienced staff provides the highest quality of care in outpatient services.

Rehabilitation Services



Comprehensive rehabilitation services include Physical Speech, and Occupational Therapy, Athletic Training, and other disciplines. Flexible scheduling to meet your needs and busy schedule. Licensed personnel only with years of experience and special certifications, ensuring the latest treatment techniques and quality care.

Surgery Services



Surgical specialties include our highly trained anesthesiologist, surgeons, and nursing staff. Surgery services include general surgery, orthopedics, podiatry, and gynecology. You will be pleased with our experienced, professional staff, personalized attention, and close-to home convenience.