



2019 Wellness Program Map

Campuses	SLA	SLB	SLC	SLM	SLMC	SLQ	SLRA	SLW	SLSH	SLP	SLGH	Community
Health Coaching												
1:1	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	Spouses
Group In Services	✓	✓	\checkmark	✓	\checkmark	✓	✓	✓	✓	✓	✓	
Nutrition												
CSA	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark
Salad Bar Price Reduction	\checkmark	\checkmark		✓	\checkmark	\checkmark	\checkmark	✓	~	✓	\checkmark	\checkmark
Plant Based Cooking		\checkmark	\checkmark									
Physical Activity		1 1					1					,
Fitness Centers	✔ West End	✓ Commerce Way	✓	PT Centers	Affiliated Center	Affiliated Center	~	✓				~
Walking Routes	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark			\checkmark	
Weight Manager	nent	· · · · · ·										
WW (Weight Watchers)	✓						✓					✓
Emotional Health	n and Well	being										
Massage	\checkmark	\checkmark	\checkmark		\checkmark	\checkmark	\checkmark					Spouses
SilverCloud	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	Spouses
EAP	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	Family
Tobacco Cessatio	on											
1:1	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	Family
For more informatio	n please contact Employee Wellness at 484-526-2284 or Employee Wellness@SILIHN.org									Rev	Rev 12/19	

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