



Employee Wellness Program Map

Campuses	SLA	SLB	SLC	SLE	SLM	SLMC	SLUB/SLQ	SLRA	SLW	SLSH	SLL/SLCC	GSL	SLPF	SLGV	Community
Group In-Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Health Coaching															
Virtual 1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
Nutrition															
CSA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Virtual Plant-Based Group Session	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Physical Activity															
Fitness Centers	West End	Commerce Way	On site	Anderson	Jim Thorpe	Affiliated Gym*	Affiliated Gym*	On site	Hillcrest Plaza	West End	Jim Thorpe		Affiliated Gym*	Affiliated Gym*	Spouses
Walking Routes	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓			
Emotional Health and Wellbeing															
Massage		✓	✓			✓	✓	✓				✓			Spouses
Therapy Anywhere	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Family
EAP	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Family
SilverCloud	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
Tobacco Cessation															
Virtual 1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses

*Affiliated Gyms: Upper Bucks YMCA, Upper Perkiomen YMCA, Northampton Community College Monroe
 For more information, please contact Employee Wellness at 267-857-2975 or EmployeeWellness@SLUHN.org.