

Virginia Hospital Center—Employee Wellness Benefits

- **Employee Health office** provides an array of services, including free, annual flu shots. x6413
- **50% discount on all fitness classes & health screenings** offered by the Health Promotion Department. X6740
Full schedule of fitness classes: www.virginiahospitalcenter.com/healthy

- **50% discount on Childbirth Education classes.** Email Carol Wyman for discount code, or call x2468

- **Cardiac Rehab gym – Zone C, Ground Floor. Free for VHC employees.**

*Open hours for employee use are limited to certain times when patients are not present:

- **M, W, F:** open for patients at 6:00am (Employees must be finished prior to 6am)
- **T & TH:** open for patients at 07:00am (Employees must be finished prior to 7am)
- **M/W/F:** open for employees after 6:30pm
- **T/TH:** open for employees after 3:30pm
- **Sat & Sun:** open to employees all day

To use the Cardiac Rehab gym, take the following steps:

- Call or stop by Employee Health Office (x6413). Complete a Health Assessment questionnaire & a waiver. Obtain physician clearance if indicated. Return completed forms to Employee Health Office.
- Call Cardiac Rehab staff at x6271 to set up an orientation for the equipment
- Arrive before Cardiac Rehab closes, or call Security at x6363 to open the gym before each use.

- **Private, employee lactation rooms at VHC & Carlin Springs:** Call Health Promotion (x6740) or access the consent form on the Employee Portal > Employee Lactation Program. Rooms have hospital grade pumps. If you deliver at VHC, ask your nurse for a free attachment kit *before* discharge.
- **Nutritional Counseling:** 12 free visits/year with a hospital dietitian. *Covered under VHC PPO plan only. This also applies to any dependents covered under the VHC plan. Contact MaryAnn Petryszyn, RD at x6811
- **Diabetes Counseling:** Contact Diabetes Education at x6269
- **Ergonomic assessment of your work area:** Contact Dana Edwards, PT at x6507
- **Body Mechanics classes:** To sign up for a class, call Kathy Miller at x6191
- **CPR classes:** Free for VHC employees. Contact x6630. Register for classes on the Portal.
- **Physical Therapy:** Check with HR for # of covered visits. Women’s pelvic floor programs: Pany Nazari: x6507
- **Cancer Resource Center** – Extensive library of cancer resources. Variety of fitness DVDs available for loan. The DVDs include Yoga, Pilates, etc. – and are for anyone, not only cancer patients. Call x5555
- **Gym discounts.** For details, inquire with the Human Resources Dept. (x6572)
Sport & Health Gym - www.sportandhealth.com & YMCA - www.ymca.net
- **Walking maps for VHC campus & surrounding area:** Posted on the Health Promotion Portal page
- **Bicycle parking at Virginia Hospital Center:**
Secure room in Blue, 1625 garage, outside Gold parking, outside 1701 Lobby, inside 1715 garage
- Interested in biking for fun or transit? Join the Employee Bike Coalition. x6740 or email Cornelia Lesh
- All Hospital employees ride the ART 51 & 52 bus for free.
Show your Virginia Hospital Center badge.
- **Philips Lifeline Emergency Response System:**
Employees, or their family members in our service area, receive a free install and a reduced monthly fee.
Senior Health Department: x6859

Health Promotion & Senior Health Departments

Employee Wellness Benefits

The Health Promotion Department offers a variety of programs and services for employees through our wellness program. The following is a brief listing of the services we offer:

- 50% discount on Health Promotion fitness & healthy lifestyle classes.
- 50% discount on Health Promotion screenings (cholesterol, A1C, bone density, metabolism, body fat)
- Annual employee health fairs at Virginia Hospital Center, Carlin Springs & for Night Shift.
- Employee wellness programs for Heart Health, Breast Cancer Awareness & Diabetes education
- Wellness lectures, nutrition workshops, wellness challenges & health screenings

Classes: For the full schedule with dates & times, check out *the Hospital's* magazine or web site:
www.virginiahospitalcenter.com/healthy. Call x6740 for discount code

Offerings include:

- Hatha Yoga, Gentle Yoga, Seated Yoga
- Pilates & Gentle Pilates
- Pi-Yo (combo of Pilates & Yoga)
- Body Sculpting
- Zumba
- Cardio Strength Circuit
- Prenatal Yoga
- Postpartum Yoga
- Baby Yoga
- Tai Chi
- Strength & Stretch for Seniors
- Rotating nutrition, fitness & stress management topics



Classes are held at VHC & at the Carlin Springs campus. Please call x6740 or email Cornelia Lesh with questions, or ideas for future classes (format, time, etc.).

The Senior Health Department supports seniors in the community, works to improve patient safety, and can be a valuable resource to provide guidance for older employees, or those with aging parents.

- **Philips Lifeline Emergency Response System:** Senior Health Dept. provides Lifeline for over 1,000 people in the Metro DC area. Employees, or their family members in our service area, receive a free install and a reduced monthly fee. x6859
- **Lifeline Safe Transitions Program:** Any “at-risk” patient discharged from VHC can receive Lifeline at no cost for 2 months. Call the Senior Health Dept. at x6859 with referral to meet the patient prior to discharge.
- Free mall walking program at Fashion Centre Pentagon City Mall I—Tuesday & Thursday, 8:30—9:30am
- Free Alzheimer’s Caregiver Support Group at Carlin Springs. 3rd Wednesday/month, 10:30-11:30am
- Free, monthly Healthy Aging lectures at Carlin Springs & Fall Risk and Memory Assessment Programs

Health Promotion Dept. x6740 — Senior Health Dept. x6859

