

Worksite of the Month: July 2007

Cabin Creek Health Systems – Kanawha County

Cabin Creek Health Systems is a very active site that goes above and beyond when it comes to wellness at the workplace. Amber Crist is the worksite coordinator and she is very dedicated to helping her workplace become healthier. They hold an annual health screen that most of their employees attend. Not only do they offer a health screening, but they also pay for each participant to have an additional test. They are very active in behavior change programs and just finished up Chug-A-Jug in January, 2007. In addition to what the PEIA Pathways program has to offer, Cabin Creek Health offers much more for their employees such as: flu shots, employee wellness rewards systems, BMI tests, wellness displays, and they have recently developed a workplace wellness policy. They are offering “fit tests” to all employees in which an exercise physiologist will develop an individualized workout plan specific to their needs. Cabin Creek Health Systems should be commended for their efforts in striving to make their workplace healthier and for promoting health and wellness daily.

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