This Wellness Advantage guide lists the services and programs that fall within these Six Dimensions. Most are free and some are offered at employee discounts. You can participate in a program even if it's not at your Baptist Health location. These programs support Baptist Health's commitment to our employees' health and are part of what makes us the best place to be your best.

These services are in addition to those offered through your medical plan. We encourage you to schedule an annual physical with your doctor. It's the first step in developing a wellness strategy.

Physical Dimension

For your optimum physical health and fitness, Wellness Advantage offers:

- An Employee Health Office at each hospital campus, providing annual TB tests, flu shots, vaccinations —such as hepatitis B for those at risk— and more.
- Employee care hours at your Employee Health Office, during which you can get free basic medical care if you become sick or injured and can't see your doctor quickly.
- An Employee pharmacy program, featuring select, frequently used prescription drugs at greatly reduced co-pays for employees enrolled in a Baptist Health medical plan.
- Health Check, including an annual Health Risk Appraisal, to help identify and manage your risk for chronic disease.
- Health fairs, with free health screenings at all locations twice a year.
- Blood pressure checks offered throughout Baptist Health.
- Free employee fitness centers at Baptist, South Miami, Homestead, Mariners, Doctors, and West Kendall Baptist Hospitals, the Corporate Office, the Business Support Center at West Kendall, and Town and Country.
- Exercise physiologists available for personal training, by appointment, at all employee fitness centers for a discounted fee.
- Fitness orientations and assessments, available at all employee fitness centers by appointment.
- Fitness to Go, exercise videos and DVDs to check out for a week for free.
- Discounted registration for the Corporate Run, an annual 5K run/walk, for employees, family and friends.
- Exercise and fitness classes at various on-site locations at a very low cost.
- Negotiated discounts at over 50 local fitness centers.
- Massage therapy offered at a discount.
- Special programs throughout the year, such as walking programs, Steps to Unstress, motivational e-mails, stretch breaks, Boot Camp and more.
- Wellness Advantage meals, including bottles of Baptist Health spring water, at a discounted price.
- Peppy's Picks signs, to help you make the healthy choice in Baptist Health's cafeterias and vending machines.
- Nutritional counseling from registered dietitians at a discount.
- A variety of programs help you kick the tobacco habit, including reimbursement for stop-smoking aids to help you quit and stay smoke-free.

  TRIUMPH — A medically supervised, customized stop-smoking program, including free replacement therapy.

  Individual and Small-Group Counseling — Offered by Wellness Advantage staff, all of whom are certified stop-smoking counselors.

  The Mayo Clinic Tobacco Quitline — Smoking cessation counseling over the phone, including replacement therapy.
- Weight Watchers® powered by Peppy offers a 50 percent discount on Weight Watchers® At Home, At Work, On-line and Community meetings for employees and one support person.
- Diabetes counseling from certified diabetes educators at Baptist Health's Diabetes Care Centers.
- No co-pay for mammograms, colonoscopies and stand-alone PSA tests for employees enrolled in any Baptist Health medical plan.
- A dedicated employee diagnostic line to schedule diagnostic procedures and services.

Intellectual Dimension

Baptist Health offers community programs and support groups on a wide range of health-related topics for all ages, many free to employees and their families (Baptist Health ID badge required). Look for details in Wellness Advantage's monthly education calendars, in your employee newsletter and on the intranet. Services include:

- Free childbirth education at Baptist, South Miami, Homestead and Mariners Hospitals.
- Discounted classes on breast-feeding and infant massage.
- Support for breast-feeding mothers by lactation specialists at the maternity centers at Baptist, South Miami and Homestead Hospitals.
- Educational packets offer information on Preparing for Baby, Fitness, Weight Loss, Smoking Cessation and Resiliency.
- Free health information at health resource centers at Baptist Medical Arts Building, Baptist Medical Plazas at Westchester and Doral and at Informed Families of Miami-Dade County.
- Baptist Health's website (www.baptisthealth.net) with health information and links to other health-related sites.
- Links on the intranet to healthcare providers for Baptist Health's medical plans.
- Physician referral service to more than 1,000 participating Baptist Health physicians.
- Mini-presentations, 15-minute health-related talks given by a wellness coach or wellness educator at staff meetings.
- Wellness Advantage quarterly newsletter
- mywellnessadvantage.net, a Web-based wellness portal with health information, fitness and nutrition trackers, videos and more free of charge.
- A link to the March of Dimes' 'My 9 Months' web site for parents and parents to be.
- Ask a Dietitian answers all of your nutrition questions.

"Well Workplace-Platinum"

Wellness Councils of America
2007

Emotional/Spiritual Dimension

This is an important dimension of wellness because your emotional and spiritual health are closely intertwined. Services include:

- Wellness coaches at each Baptist Health site provide health education, motivation and referrals to Wellness Advantage programs and services.
- Employee Wellness educators (registered nurses) answer your health questions or concerns and support you in reaching your goals.
- Lifeworks offers Employee Assistance Programs such as counseling, healthy living resources and more. These programs are there if you're feeling stressed, having trouble staying on top of your monthly bills, caring for older relatives, coping with personal or family problems, or any other issue for which you might need assistance.
- Sunshine Fund, supported by contributions from employees and coordinated by Pastoral Care can provide no-interest loans to employees with severe financial difficulties.
- Support and self-management groups on such issues as bereavement, stress management, addictions and cancer.
- Pastoral care for private consultation on personal issues.
- Congregational Health, promoting health education and preventive care in local congregations.
- Early Learning Centers at Baptist, South Miami and Homestead Hospitals.
- Backup Care Options offer in-home or center-based care for loved ones when regular care arrangements fall through.
- Families Step Up offers support and education to employees with overweight children.

"Corporate Health Achievement Award"

American College of Occupational and Environmental Medicine
2010

Social Dimension

Wellness Advantage sponsors a variety of community events. You can benefit from them whether you join as a participant or just volunteer to help.

- Men's, women's and children's health days with educational programs and free health screenings.
- Family wellness fairs with free health screenings for employees and their family members 18 years old and over.
- Participation in community runs and walks such as the Corporate Run, the Susan G. Komen Breast Cancer Race for the Cure, the Miami-Dade County Heart Walk and the Tour of the Gables.
- Sponsorship of United Way, including "Hands On Miami," the organization's day of community service. You also can contribute to United Way through payroll deductions and donations of your Paid Time Off.
- Participation in Habitat for Humanity's construction of homes.
- Aid to needy families during hurricane season, the holidays and throughout the year.

"Pioneering Innovation Award
for the Advancement of Policies and Environmental Strategies to Prevent and Control Obesity"

Centers for Disease Control and Prevention
2009

Occupational Dimension

Baptist Health and its department of Organizational Development can help you improve your skills for today and prepare for tomorrow.

- Baptist Health University can help you remain competitive and meet your career objectives with services that include confidential consultations, self-assessment, career fairs, resume writing and job interview advice.
- Tuition reimbursement and scholarships are available in both clinical and nonclinical fields for graduate and undergraduate education.
- On-site nursing programs let you pursue your undergraduate or graduate degree while you work.
- The Return to Work program helps you find a job if you are unable to return to your original position due to an illness or injury off the job.
- Onboarding and Retention staff to help employees become part of the Baptist Health culture.

Environmental Dimension

At Baptist Health, your safety and the safety of your workplace are key considerations. Here are just some of the ways we help safeguard your environment:

- The minimal lift program, including ongoing training, makes patient care easier and helps protect the safety of patients and employees alike.
- An ergonomic specialist identifies on-site work safety issues and recommends solutions.
- An online ergonomic assessment helps determine if your workstation is set up properly and what, if anything, you should adjust.
- Safety committees at all facilities to ensure safe working conditions.
- Emergency plans for hurricanes, pandemics and all other potential disasters.
- Supportive policies to help you maintain work/life balance.

myWellnessAdvantage.net is a powerful online tool that will help employees and their families manage and enhance their health and well-being. Powered by WebMD's expansive medical technology, myWellnessAdvantage.net personalizes and serves up customized information and support based on individual interests, risks and readiness for change. myWellnessAdvantage.net includes:

- A comprehensive set of health assessments, goal-setting and tracking tools for monitoring progress and results
- A personal health record
- Secure messaging and targeted reminders
- Lifestyle improvement programs
- Accurate, clinically reviewed health information references for health or medical questions
- Decision support for understanding the risks and benefits of medical procedures and treatment options

It is a one-stop, confidential, easy to navigate interactive tool providing a fresh approach to a healthier life for you and your loved ones. Get started today! It only takes 15 minutes to fill out the HealthQuotient questionnaire, which will:

- Identify health risks
- Provide tips to improve your overall health
- Help you qualify for a $150 Baptist Health medical plan premium credit

myWellnessAdvantage.net

Health and Wellness. Online. Any time.

"Best Employer for Healthy Lifestyles-Platinum"

National Business Group on Health
2010, 2009, 2008, 2007, 2006, 2005

Wellness Advantage Helps You Experience a New Dimension of Work Satisfaction.

It's easy to take advantage of Baptist Health's Wellness Advantage benefits. Just call the following phone numbers for more information. Talk to your wellness coach to learn what's best for your health and well-being.

Backup Care Advantage	
Bright Horizons	877-242-2737
Childbirth Education	
Baptist, Homestead & Mariners Hospitals	786-596-8748
South Miami Hospital	786-662-5026
Community Health Program Registration	
Mariners Hospital	305-434-3400
All other sites	786-596-3812
Congregational Health	786-594-6360
Dedicated Diagnostic Line	786-573-6003
Diabetes	
Baptist Hospital	786-596-3696
South Miami Hospital	786-662-5168
Employee Health Offices	
Baptist Hospital	786-596-6140
Doctors Hospital	786-308-3572
South Miami Hospital	786-662-8837
Homestead Hospital	786-243-8009
Mariners Hospital	305-434-1119
Employee Pharmacy	786-596-7555
Mariners Hospital	305-434-1676
Ergonomics Specialist	786-596-7777
Exercise Programs	
Behavioral & Collaborative Medicine	786-662-8106
Employee Fitness	786-596-1208
Mariners Wellness Center	305-434-3700
Senior Exercise (age 55 and over)	786-596-7044
Health Check	786-596-4797
Health Resource Centers	
Baptist Medical Arts Building	786-596-5981
Baptist Medical Plaza at Doral	786-596-3814
Baptist Medical Plaza at Westchester	786-596-3895
LifeWorks	786-596-5433 888-456-1324
Lactation Services	786-596-2671
Massage Therapy	
Behavioral & Collaborative Medicine	786-662-8106
Mariners Wellness Center	305-434-3700
Nutrition Counseling	
Baptist Hospital	786-596-7219
Corporate Office	786-596-1210
Homestead Hospital	786-243-8608
Doctors Hospital	786-308-3090
South Miami Hospital	786-662-4474
Mariners Hospital	305-434-3700
Organizational Development	786-596-5327
Pastoral Care Services	
Baptist Hospital	786-596-6577
Doctors Hospital	786-308-3800
South Miami Hospital	786-662-5392
Homestead Hospital	786-243-8551
Mariners Hospital	305-434-1585
Physician Referral Services	
Inside Miami	786-596-6557
Outside Miami	800-228-6557
Disability Management	786-596-7676
Smoking Cessation	
Stop Smoking Reimbursement Program	786-596-4797
Mayo Clinic Tobacco Quitline	800-642-5566
TRIUMPH	
Baptist Hospital	786-596-6140
Doctors Hospital	786-308-3572
South Miami Hospital	786-662-8837
Homestead Hospital	786-243-8009
Mariners Hospital	305-596-1119
Support Groups	786-596-3895
Weight Loss	
Weight Watchers® powered by Peppy	786-596-9021
Dia-Beat-It	786-596-3696
CADRE	786-596-8747
Wellness Advantage	
Wellness Dietitian	786-596-1210
Health Check	786-596-4797
Wellness Coaches	786-596-2387
Employee Fitness	786-596-1208
myWellnessadvantage.net	786-596-6992

E-mail: wellnessadvantage@baptisthealth.net

Baptist Health South Florida

The best place to be your best.

1336014

Wellness Advantage

Discover a Healthier You With the Six Dimensions of Wellness

Baptist Health South Florida

The best place to be your best.

"Fit Friendly Company–Platinum"

American Heart Association
2010, 2009, 2008

Wellness is the key to every success that Baptist Health employees enjoy — whether it's the ability to care for our patients, balance our personal and professional lives or focus on our mission.

The Wellness Advantage mission is to have the healthiest workforce in America. That's why our nationally recognized program offers comprehensive employee services based on the Six Dimensions of Wellness.

Physical

Intellectual

Emotional and Spiritual

Social

Occupational

Environmental