

Caregiver Wellness

Caregiver Wellness works in conjunction with Providence Life Balance to offer opportunities for Kadlec caregivers to be healthy and happy! Kadlec offers many opportunities for caregivers and their families to reduce stress, boost morale and reduce health care costs such as:

- Know your numbers (body fat, blood pressure, weight, etc.)
- Wellness challenges such as Stuffing Smackdown, 5K runs and weight loss challenges are offered at various times throughout the year. Watch the Caregiver Newsletter for these opportunities.
- Open gym at the Healthplex (\$10.00 quarterly). Email Kathy at Kathryn.piper@kadlec.org to set up your 15 minute orientation to use the gym and learn the gym guidelines.
- Individual health coaching



Choose Well/Virgin Pulse -- your caregiver well-being program

- Well-being is about the whole you. Your spiritual and emotional well-being is just as important as your physical health. It shapes every aspect your life, at work and at home.
- Choose Well provides you with fun, easy tools to support all aspects of your health and wellness, while offering valuable rewards and incentives to help get you where you want to go.
- To learn more, visit the HR Portal (Caregiver.eHR.com) and click on Choose Well.
- You can also download the Virgin Pulse app at app.member.virginpulse.com.

Advanced Directive

- FREE to all Kadlec caregivers and our community members
- Email Kathy at Kathryn.Piper@kadlec.org to set up an appointment to learn more

