



progressivehealth

Integrative Strategies for a Well Workforce

WHY PROGRESSIVE HEALTH?

We envision a workforce where individuals reach their full potential through physical, mental, emotional and spiritual well-being. Our unique integrative approach focuses on stress management as a starting point to help nurses and healthcare workers become more resilient so they can succeed.

WHO WE ARE

Collectively, our team has a wide range of experience and knowledge in integrative health, wellness program design, delivery, and evaluation. Our expert staff includes integrative health coaches, aromatherapists, acupuncture and reflexology practitioners, and nutritionists.

WHAT WE DO

From the set up of an employee-centered onsite wellness lounge to resiliency training programs, health coaching, acupuncture, massage, virtual fitness classes, aromatherapy, nutrition and more, our team has everything you need to set up a wellness program developed for hospital systems.

OUR ACCOMPLISHMENTS

Through our work at Presbyterian St. Luke's Medical Center and Rocky Mountain Hospital for Children, we've made a difference.

- We've reached over 65% of the population through our program offerings
- 75% of employees who have tried the lounge, return within a month
- 7,446 visits to the lounge in 2019
- 100% of our pilot Roaming Wellness™ program participants reported improvement in "belief in self" as a result of participating in the 12-week program

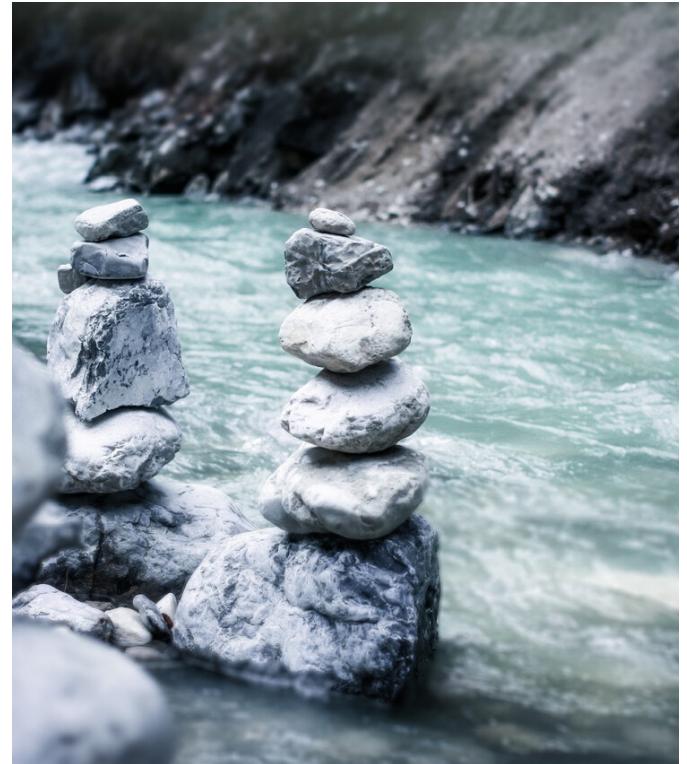


INTEGRATIVE STRATEGIES THAT WORK

We differ from most workplace wellness programs that engage employees in making physical health changes first. Instead, we focus on boosting resilience and meeting employees where they are in their journey to well-being.

The research on the impact of resilience training is positive. It has been shown to have large, measurable effects on a wide range of performance and health outcomes. When resilience improves, so does morale, engagement, productivity and retention, and turnover is reduced.

Let Progressive Health help you design a wellness program that improves culture and well-being so healthcare workers can succeed.



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*"This is the next jewel in P/SL's crown...
Progressive Health is impacting our
community, our employees, and our
patients in so many important ways"*

*- Maureen Tarrant, CEO
Presbyterian St. Luke's Medical Center*

employee testimonials

"I thought of leaving the hospital but because of this wellness center, I am staying. The recharge for 20 minutes is bringing so much quality and happiness to my day. I take better care of patients because of Progressive Health."

"Just what the doctor ordered! As stressful as my day can be as a nurse. The few minutes that we get definitely instilled some energy for me to end my shift! Thank you"