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Topic Area	Program / Service	Description	How to access
Healthy Eating/ Weight Management	<i>Health Coaching</i>	Telephonic Health Coaching through Making Life Healthy program	Call Provant at 877-239-3557
	<i>Menu Planning, Nutrition Tracking</i>	Planning and tracking tools on Provant website	Register on makinglifehealthy.provantone.com
	<i>Ask the Dietitian</i>	Message board to Registered Dietitians, ask any questions regarding nutrition, healthy eating habits, weight management, etc., and receive a response within one business day.	Register on makinglifehealthy.provantone.com
	<i>Take Charge of Your Weight</i>	4 week class provided by MLH Community Health	Visit www.makinglifehealthy.org
	<i>Registered Dietitian Visits - 6 free per year</i>	Through Independence Blue Cross	Visit www.ibx.com
	<i>Weight Loss Reimbursement</i>	\$150 / year through IBC	http://makinglifehealthy.org/images/IBC_Weight_management_program.pdf
Tobacco Cessation	<i>SMOKEFree classes</i>	Offered through MLH Community Health Services	http://makinglifehealthy.org/tobacco-cessation.html
	<i>Tobacco Cessation Coaching</i>	Telephonic health coaching through the Making Life Healthy program	Call Provant Customer Service at 877-239-3557
	<i>State Quitline</i>	PA, DE, or NJ Quitline	Call 800-QUIT-NOW
Fitness	<i>Health Coaching</i>	Through Provant	Call Provant Customer Service at 877-239-3557
	<i>"Ask the Trainer" - Message Board</i>	Participants can submit any questions to certified personal trainers and receive response within 1 business day	Available on Provant web portal
	<i>Exercise Tracking</i>	Make a fitness plan and record progress	Available on Provant web portal
	<i>Fitness Reimbursement</i>	\$150 / year through IBC	Visit www.ibx.com
	<i>Fitness Center Discounts</i>	Membership Discounts at many area clubs	http://makinglifehealthy.org/fitnessclubdiscount.html
	<i>Walking Paths</i>	Several sites have posted and promoted walking paths	Contact HR Manager/Wellness Committee lead
Chronic Condition Management	<i>Care Coordination and Health Coaching Services through DVACO</i>	Telephonic support for managing chronic health conditions	call DVACO at 610-225-6280 or visit www.dvaco.org
Behavioral Health	<i>First Call EAP</i>	Short term counseling and support for personal issues	www.firstcalleap.org
Support for Emotional Trauma	<i>Critical Incident Response Team (CIRT)</i>	Peer support for all staff who experience a traumatic incident or need support for emotional challenges	484-337-CIRT (2478)
Stress Management	<i>Oasis Rooms</i>	A relaxing space designed for MLH staff to visit to relax for a few minutes, decompress, recover, refresh, etc.	Contact your manager or local HR office for the location of the Oasis room at your site.
	<i>First Call Counseling and Work Life Services</i>	Webinars and resources on First Call website	www.firstcalleap.org
	<i>WEWC Weekly Mindfulness Groups for Women</i>	Develop effective mindfulness-based coping techniques for stress, anxiety and depression and explore mindfulness-based communication and self-care	Call 888-227-3898 to schedule a screening. The WEWC accepts most commercial insurance plans.
	<i>Mindfulness Practice</i>	Practice sessions for employees expanding to multiple locations	Contact HR Manager/Wellness Committee lead
Health Advocacy	<i>First Call</i>	Resources and support for navigating the health care system.	www.firstcalleap.org
Financial Support	<i>Vanguard</i>	Guidance for retirement planning	www.vanguard.com
	<i>Franklin Mint FCU</i>	Banking, financial and investment services	www.fmfcu.com
	<i>Lunch & Learns</i>	Coordinated by site Wellness Committees	Contact HR manager / wellness committee lead
Legal Support	<i>First Call - Work/Life Services</i>	Support for employees and families with financial, legal, or other personal issues	www.firstcalleap.org
ElderCare Support	<i>First Call - Work/Life Services</i>	Support, guidance, navigation of legal and financial aspects of caring elderly family members	www.firstcalleap.org
	<i>Hyatt Legal plan through Voluntary Benefits</i>	Legal help through local attorneys for wills, trusts, divorce, etc.	www.mlhvoluntarybenefits.com or 888-272-2744
Lactation Support	<i>Lactation Rooms</i>	Private rooms for nursing moms	Contact local HR office for locations
Diversity	<i>Diversity, Respect & Inclusion Committee</i>	Multi-disciplinary committee managed through Human Resources	FitzpatrickSmithK@MLHS.ORG
Healthy Work Environment	<i>Healthy Work Environment Council</i>	Multi-disciplinary committee managed through Nursing	blaneyp@mlhs.org
Wellness Committees	<i>Wellness Committees - at each major MLH location</i>	Provide local support for Making Life Healthy program, create and promote health related activities and events, including Lunch & Learns, Employee Health Fairs, biometric screenings, etc.	buckalewd@mlhs.org