Personal Health Assessment (PHA)

We are pleased to offer Gundersen’s Personal Health Assessment (PHA) to staff and spouses/significant others again this year at no charge to staff. The PHA is a confidential questionnaire that assesses your health habits and risk factors and identifies priority areas for improving your health.

Instructions for completing the PHA
If you are interested in participating in the PHA, please send your e-mail address to Linda Kloet. Gundersen Clinic will send an e-mail to the address you provide with instructions for completing the assessment online. The e-mail will have your password instructions as well as access codes you will need to complete the PHA online.

Please complete your PHA between the dates of October 2nd and November 15th. If you prefer to complete the PHA on paper, please contact Linda Kloet.

Neighborhood Family Clinic Wellness Screening Instructions
Participants will need to pick up a voucher from one of the following locations:
• La Crosse County Downtown Human Resource Office
• Hillview Human Resource Office
• Lakeview Human Resource Office
• Highway office

Please call the Neighborhood Clinic location to make an appointment for your blood draw. Complete the paperwork in the packet prior to your appointment time.

Vouchers are good for screening dates beginning September 11, 2017. Please complete your blood draw by October 31, 2017!
La Crosse County Employees Participate in YMCA’s Maple Leaf 5K

Congratulations to all of the county employees who took part in the Maple Leaf 5K, 5 mile, or half marathon! We had a few La Crosse County employees who were first-timers! Judi Zabel (Health Department) and her daughter Amber Zabel (Hillview) ran the event together. Judi states “It’s true that the mother-daughter dynamic can get a bit fraught at times but we found that running the Oktoberfest 5k together was more of a fun bonding experience than a burden. Amber loathed running when she was a teenager while I totally enjoy the mental relaxation that comes with running. Wanting to find activities we could do together I would try to coax her into joining me in a run, “It will be fun or you’ll feel good after you’re done.” But to no avail. You can’t make someone else run; they’ll do it if and when they want to. Amber participated in the Park n Rec exercise program and then joined the YMCA where she worked out with and received encouragement from a co-worker from Hillview Nursing Home. To my delight Amber announced that she was ready to run the 5k together. And the rest is history. She had discovered running without pressure from me. I enjoyed a proud moment and being with her when she finished her first 5k. Who knows-maybe next year we’ll run 5 miles!”

Winners!

Congratulations to Jeff Flick, Kate Holinka, and Cynthia Cossette! They were drawn for the “I completed the 5K!” Challenge and received a water bottle or employee wellness t-shirt.
Join the Eat Smart, Move More, Maintain, don’t gain! Holiday Challenge

Worried holiday weight gain will weigh you down?

This holiday season, the only thing that should be “stuffed” is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

You are invited to join the 11th annual Eat Smart, Move More, Maintain, don’t gain! Holiday Challenge. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

The 2017 Holiday Challenge:

• Weekly Newsletters
• Daily Tips
• Weekly Challenges
• Healthy Holiday Recipes
• Prizes and Weekly Winners
• Support through Social Media
• Virtual Walking Race

The Holiday Challenge runs from November 13th through December 31st.

Click HERE to Register!

Congratulations to Diane Panzer, Connie Bublitz, and Judy Taylor! They were drawn to win a gift basket for participating in the Fruit & Veggie BINGO challenge that took place in August!