

SEPTA



SEPTA Wellness Connection

"Maintaining Employee Wellness During a Crisis"



Wellness Services

- **Monitoring Programs:**
 - Blood Pressure
 - Diabetes
 - Cardio Vascular
 - Neurological
- **Surveillance Programs**
 - Sleep Apnea
 - Hearing Conservation
 - Heavy Metals
 - Asbestos



Wellness Services

- Wellness Programs:
 - Fitness Challenges
 - Recumbent bikes added to depots
 - WOW (Walk-on-Wednesday) Series
 - Yoga and Mindfulness Series
 - Nutrition Counseling
 - Employee Assistance Program (EAP) Services



Wellness Services

- Health Fairs

- Flu Vaccines
- Massage Therapy
- “Ask the Dietician”
- Glucose and Cholesterol Screenings
- Blood Pressure Screening and Body Mass Index (BMI)
- Informative Displays
- Information on EAP

HEALTH & WELLNESS FAIR



MIDVALE TRANSPORTATION

Tuesday, October 1, 2019

9:30 a.m. to 2:30 p.m.

SEPTA Health Fair & Benefit Open Enrollment

What you will find at the Health Fair:

- Flu Vaccines. Free - Bring your insurance card. 9:30 AM to 11:30 AM
- Massage Therapy - Seated Chair Massage
- "Ask the Dietician" - Information and sign-up sheet for FREE on-site nutritional counseling (6 visits are covered by IBC each year)
- Glucose (blood sugar) and Cholesterol Screening
- Blood Pressure Screening, Body Mass Index (BMI)
- EAP (Employee Assistance Program) information
- Free brochures on various health topics for you and your family

Free Raffle - Earn a when you participate in any of the above offerings.

Raffles * Informative Displays * Free Gifts

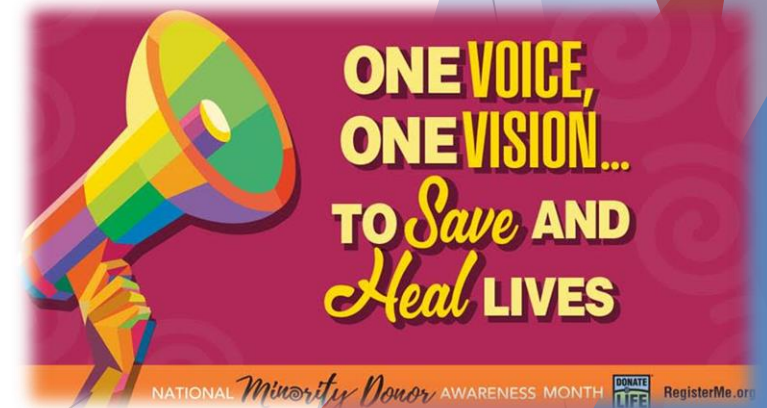
From SEPTA to Home - A Healthier You!

For more information or questions, contact
Tina Coombs, 215 580-7143 or Lorna Haley, 215 580-8396.

The Health Fair is sponsored by
SEPTA Human Resources and Medical Department.

Wellness Services

- Breast Cancer Awareness Program
 - October “Breast Cancer Awareness Month”
 - Fox Chase Mobile Mammography Van
- National Monthly Health Observations
 - Informational Lunch & Learns
 - Town Hall Discussions





Wellness Services

- **COVID-19**
 - Temperature Checks and PPE for all employees
 - Black Doctors COVID-19 Consortium
 - Provided site-visits and testing to various SEPTA locations twice a week beginning 6/15
 - Prompted new Employee Health Fairs with Flu and Shingles Vaccines
 - Provided employees with weekly tips
 - Parenting Strategies
 - Return to Work
 - Self-Care
 - “Identifying & Managing Stress” Course
 - Town Hall Discussions
 - *Septa Frontline Heroes Tribute Wall*





Thank You!

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