



WORKPLACE WELLNESS

Work. Balance. Life.

Here to help you improve your health at work through work resources!

We Believe in YOU!

RRH believes promoting wellness, health and access to high-quality health care is central to who we are and what we've become. Our relationships allow us to grow, help us to gain perspective, and offer us laughter, support and joy. Often, when our health or the health of someone we love is compromised, we feel isolated and we need to be reminded that by asking for help, we are actually creating an opportunity to strengthen our relationships and improve our overall health and well-being.

This is what YOUR hospital and employer can do for you when you are worried, confused, new to the area, or just need a friendly resource for healthy living.

We are here for our patients AND for each other!



How the Workplace Wellness program works

At Ridgecrest Regional Hospital, we want to be the leading examples of health and wellness in our community, and with the W.O.W. program we can be healthy together!

- This program is being offered to you because as your employer, we care about your well-being and understand the large influence work has on your health.
- Your privacy will be respected and nobody will nag you or insult your lifestyle habits. We are becoming healthier and promoting wellness together!
- Participation in this program is YOUR choice, but strongly recommended.

WHAT'S AVAILABLE TO YOU?

Health and Wellness Coaching is an experience that empowers the client to make lasting, positive health behavioral changes. The process builds on the client's strengths and values and helps the client discover his/her/their own intrinsic motivators.
(760) 499-3825

Fitness Centers special reimbursement program - Must meet eligibility requirements to participate. Must attend 4x per month and show proof:

- 760 Fitness (760) 919-4953
- Crossfit China Lake (760) 793-5028
- High Desert Fitness (760) 446-1546
- BlackSmith JiuJitsu (760) 677-5805
- CrossFit Ridgecrest (760) 446-5781
- Vulcan Fitness (760) 608-7667
- Jack'd Studio <https://www.jackdstudio.com>
- FitNatik www.JoinFitNatik.com

Policy and Reimbursement Request forms available on Pulse.



Employee Discounts

- Classic Gyro Discount - 8% discount for employee only (must show badge)
- Center Pharmacy - 15% discount for employees on retail merchandise, including sale items.
- Pure Healing Foods - 10% discount. Must show employee ID

Personal Training, Small

Group Training, & Yoga (special RRH discounts) - you may choose as many and as often as you need:

High Desert Fitness (760) 446-1546
CrossFit Ridgecrest (760) 446-5781
\$95 a month instead of \$110

Acupuncture, Reflexology, & Massage

(special RRH discounts) - you may choose as many and as often as you need:

Linda Lyman (760) 371-1520
Kim Morrell (760) 590-7452

Ideal Protein Discount - Ideal Protein is a doctor-designed, Ketogenic Weight Loss Protocol that treats weight loss as healthcare and uses food as medicine to empower you to lose weight and live your best, healthiest life for the rest of your life.
(760) 499-3835

Onsite Wellness Center & Resource Library

- We have the InBody230 Body Composition Analyzer! Track your BMI, percent body fat, muscle and more.
(760) 499-3825

Free preventive screenings at the Health Fair (details will come your way prior to event)

SupportLinc - Employee Assistance

Program for RRH - At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, SupportLinc will be there to help. Confidential resources for anxiety, depression, marriage and relationship problems, grief and loss, substance abuse, anger management, work related pressures and stress.

- Phone 1-888-881-linc (5462) SMS
- Text 'SUPPORT' to 51230
- Web www.supportlinc.com
- Username: rrh

Free Monthly Massages - dates to be announced (Ext 3825)

