

TriHealth Corporate Health

Resources to Support a Safe & Successful Reopening

Now more than ever, employers are committed to the health and safety of their employees and are seeking solutions to help promote their well-being while also assuring regulatory compliance. To assist in these efforts, TriHealth Corporate Health has added new service offerings and expanded others to help meet the need for enhanced virtual, remote and onsite options. To arrange for any of these services for your organization, please contact TriHealth Corporate Health at [513 891 1622](tel:5138911622).

Temperature-Taking and Screening Process Services

To help reduce the transmission of COVID-19, temperature screening is recommended for all employees entering the workplace. In addition to our [Temperature-Taking and Screening Process Toolkit](#), our competency-trained TriHealth specialists can conduct onsite temperature checks or provide training and ongoing consultation to employers to support their ability to manage this process independently.

COVID-19 Serology Antibody Testing

Antibody testing is a blood test that detects antibodies against the SARS-CoV-2 (Covid-19) virus present in the bloodstream of the individual. While employers can arrange for testing through our Occupational Medicine Centers by calling TriHealth Corporate Health at [513 891 1622](tel:5138911622), it is important to note that as of May 8, 2020, the CDC has issued no guidelines regarding use of antibody testing results to inform disposition following isolation or to inform return-to-work decisions. More information can be found in our [COVID-19 Serology Antibody Testing FAQ](#).

Diagnostic COVID-19 Testing

Molecular (PCR) or antigen testing is used to detect the virus causing COVID-19 in respiratory specimens of patients suspected of having active COVID-19. More information on can be found in our [Diagnostic COVID-19 Testing FAQ](#). Although Corporate Health does not currently offer diagnostic COVID-19 testing for employers, anyone who suspects that they might have [symptoms of COVID-19](#) is eligible for evaluation and testing through TriHealth but is advised to first call their primary care physician's office for a consultation. [Click here for a complete list of TriHealth assessment locations and more information](#).

Virtual Ergonomics/Injury-Prevention

As businesses re-open and employees return to work, promoting safe and mechanically sound movement serves both the employee and the employer. This program consists of an interactive presentation on basic anatomy, work-related body mechanic concepts, basic ergonomics and other preventative concepts using a virtual meeting platform.

Virtual Job Analysis

Functionally explicit job analysis is an important component of any employee health and safety program. Accurate job analysis is the foundation of any ergonomic or transitional work program. These job assessments also assist with numerous return-to-work and ADA issues and now are available through a virtual visit as well as on site or in person.



TriHealth Corporate Health Employer COVID-19 Resource Line
513 977 0023 | Monday through Friday, 8:30 a.m. to 5 p.m.

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Occupational Medicine Services

Our [TriHealth Occupational Medicine Centers](#) continue to safely provide comprehensive services including injury care, testing, and physical exams to support employers as they reopen for business. Employees now may follow-up on their injury care via telehealth videoconferencing, so as to minimize time away from work and social exposure. Appropriateness for telehealth revisits will be determined by the treating medical provider during a clinic visit.

Our team is ready to assist companies in scheduling required services and testing that might have been delayed due to the COVID-19 pandemic and extensions of regulatory requirement deadlines. And, our Mobile Health and Wellness Unit can be scheduled to conveniently provide many services on site at your location.

TriHealth Executive Health Program

TriHealth is ready to help executives put their personal health and well-being back on their busy schedules. With preventive screenings at its foundation, the [Executive Health program](#) also fully integrates consultations in nutrition, fitness, life balance and more. We offer the highest quality care, with your safety as our top priority—so you can feel good about doing what’s right for your health and set a positive example for your team.

Virtual Health & Wellbeing Services

COVID-19 Anxiety Management Program

Available through TriHealth EAP, this four-session program utilizes counseling and coaching to address the anxiety related to returning to work and adjusting to our new normal in light of the COVID-19 Pandemic.

COVID-19 Pandemic Support Calls

TriHealth EAP counselors facilitate a one-hour call with employees twice weekly. Employees may call in to discuss anxiety, fear, anger, and loss and also to share resources they have found to be helpful during these challenging times. The counselor also shares information on self-care and managing stress and worry.

Management-Specific Training and Consultation Program

TriHealth EAP can assist employers struggling with employees who have anxiety and fear in returning to work and/or underlying mental health concerns by offering new ways to help manage these experiences. The EAP team also provides training and consultation on adjusting to new workplace circumstances with issues such as supervising remote workers, social distancing, and more.

Parenting Support Videoconferences

During this two-session series facilitated through interactive discussion using videoconferencing, a TriHealth EAP counselor guides conversations for a small group of employees focused on managing childcare, difficulties in educating children, couples issues, finding time for self-care, balancing work and family and more.

Telehealth Counseling Services with TriHealth EAP

Employees now may participate in confidential counseling sessions via telehealth videoconferencing, over the phone, and in person, so as to offer them the support they need, when and where they need it most.



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Virtual and Telephonic Coaching

Health & Wellness Coaching by TriHealth takes a proven, interactive approach to improving the overall health and lifestyle behaviors of participants. All health coaching services are offered remotely via phone. Participants now also have the option to have their coaching session through Zoom video conferencing by using their computer or mobile device. Options include individual health coaching, group health coaching and tobacco-cessation coaching.

Virtual Group Fitness Classes

Employees can participate in a variety of live and previously recorded group fitness classes in the comfort of their homes or offices. TriHealth offers cardio, strength and flexibility-based classes suitable for all levels of fitness and ranges in length of time. Little to no equipment is necessary to participate in most classes. All classes are taught by certified and degreed instructors.

Virtual One-on-One Fitness Consultations

Employees work directly with one of our degreed Health and Fitness professionals utilizing a virtual meeting platform. Participants receive guidance on setting fitness goals and developing an individualized exercise program based on those goals. The virtual aspect allows the fitness professionals to ensure employees are using proper form with exercises and to give feedback and suggest modifications as needed.

Virtual One-on-One Nutrition Consultation

One-on-one sessions with a Registered and Licensed Dietician/Nutritionist focus on nutrition-related goals, including weight management, energy management, special dietary needs due to medical conditions or allergies, and health optimization. Includes initial 30-minute consultation and two, 15-minute follow-up sessions. Participants will have the opportunity to speak one-on-one to a Registered Dietitian via Zoom video conferencing.

Webinars and Virtual Trainings

Professionals from TriHealth Workplace Wellbeing & Fitness and TriHealth EAP offer WebEx presentations and videoconference trainings on a variety of topics addressing physical and mental well-being, including these and more:

- **Create Healthy Habits**

This presentation provides the foundation of building powerful habit goals to create new healthy habits that stick. Each participant also has the opportunity to create a personalized habit goal and action plan.

- **Healthy Sleep, Healthy Mind, Healthy You**

This presentation reviews the health benefits of quality sleep, the consequences of inadequate sleep, and a variety of strategies to help participants get the sleep they need.

- **Manage Stress and Build Resiliency**

This presentation offers both short- and long-term strategies to cope with stress and to adapt quickly to our ever-changing environments.

- **Positive Psychology**

Positive psychology emphasizes helping people boost affirming, uplifting emotions, such as happiness. This seminar further defines positive psychology, explores qualities that promote happiness and shares methods for developing and establishing these qualities.



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- **Reducing Muscle Tension in Times of Stress**

This presentation covers the different causes of muscle tension and how stress impacts musculoskeletal pain. It also covers a variety of strategies, other than stretching, to counteract and relieve muscle tension and pain.

- **Resilience**

Learn skills to build resiliency and to better cope with the stress that affects your daily life. Resilience is the ability to adapt and persevere through stresses and times of adversity.... not just to survive, but to thrive and become stronger.

- **Self-Care**

Many people routinely show compassion for others, but few show themselves the same level of kindness. One of the best things for our minds and bodies is to pause and remember our value. This seminar will define self-care and discuss how to weave the six components of self-care into daily routines.

- **TriHealth Meditation Series**

This series walks participants through different types of meditations as well as guides them in actual meditation sessions to help discover what techniques or exercises work best for the individual.

- **What? Me Worry?**

Worry itself is a normal and healthy coping mechanism but too much worry can make us overwrought, sleepless, and unhappy. This training focuses on defining worry, describing the difference between productive worry and unproductive worry, and outlining strategies on how to worry less and enjoy life more.

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