



### General Health & Preventive Care

#### Aetna

Offers Healthy lifestyle coaching, disease management programs, online wellness programs and a variety of health-related programs and services. Provides Emory's Simple Steps online health assessment. Discounts on a variety of health & wellness products. [www.aetna.com](http://www.aetna.com)

#### Emory Family Medicine Lifestyle Clinic

Offers a medical visit in a group setting. This clinic involves 10-15 patients all with chronic health conditions. Treatment is centered on health promotion, disease management and lifestyle change. For more information: 404-778-6920.

#### CVS/MinuteClinic

Provides in-person, one-on-one wellness services to Aetna health plan members in three areas: biometric screening counseling, weight management coaching and smoking/tobacco cessation coaching. [www.minuteclinic.com](http://www.minuteclinic.com)

#### Emory Employee Appointment Line (EVIP)

Facilitates access to Emory providers. The line is available from 8am-5pm, M-F, to help you make appointments with Emory Clinic providers. 404-778-EVIP (3847).

#### Express Care Clinic

Provides Emory employees with free evaluation and treatment of non-work related common illnesses. 404-686-8587 (Emory University Hospital) or 404-686-2352 (Emory University Hospital Midtown).

#### Emory Patient-Centered Primary Care

Provides general healthcare including: annual physicals (preventive) exams, caring for you when you are sick, focusing on prevention of illness, and coordinating your care to keep you healthy. 404-778-7777. [www.emoryhealthcare.org/patient-centered-primary-care-clinic](http://www.emoryhealthcare.org/patient-centered-primary-care-clinic)



#### Emory HealthConnection

Assists you in selecting the right Emory provider to meet your needs. 404-778-7777.

#### Emory Health-related Benefits

Emory University faculty and staff: [www.hr.emory.edu/benefits](http://www.hr.emory.edu/benefits)  
Emory Healthcare employees: [www.ourehc.org/departments/human-resources/benefits/index.html](http://www.ourehc.org/departments/human-resources/benefits/index.html)

#### Tier Zero Prescription Drugs

Generic prescription medications used to treat chronic health conditions such as congestive heart failure (CHF), diabetes, high blood pressure, high cholesterol, tobacco addiction and more, are covered at 100% on the Emory medical plans. [www.hr.emory.edu/eu/benefits/medical/prescriptiondrugs.html](http://www.hr.emory.edu/eu/benefits/medical/prescriptiondrugs.html)

#### Blood Pressure Kiosks

Onsite blood pressure machines are available to Emory employees who would like to monitor their blood pressure free-of-charge. Kiosk locations can be found online at: [www.fsap.emory.edu/health/BP%20Machines](http://www.fsap.emory.edu/health/BP%20Machines)



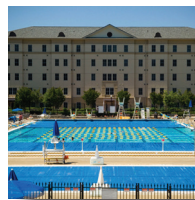
### Physical Activity

#### Blomeyer Health Fitness Center

Fitness facility located at 1525 Clifton Road; Programs include group exercise, personal training and massage. [www.hr.emory.edu/blomeyer](http://www.hr.emory.edu/blomeyer)

#### Play Emory/Woodruff PE Center

Programs include intramurals, group exercise, instructional classes and personal training; recreational space includes indoor pool, basketball courts, indoor/outdoor tennis courts and fitness center. [www.play.emory.edu](http://www.play.emory.edu)



#### Student Activity & Academic Center (SAAC)

Fitness and recreation facility located on the Clairmont Campus; indoor & outdoor fitness and recreation, outdoor pool, tennis courts and basketball courts. [www.saac.emory.edu](http://www.saac.emory.edu)

#### LA Fitness

Emory employees can join any LA Fitness with no initiation fee. To receive an employee voucher for enrollment, call LA Fitness at 404-321-2330 or 404-249-6463. [www.lafitness.com](http://www.lafitness.com)

### **Bike Emory**

Provides Emory cyclists with discounts on Fuji bicycles, bike service at the on-campus Repair Center, and a Bike Share program. [www.bike.emory.edu](http://www.bike.emory.edu)

### **Walking Groups**

Emory offers many outdoor walking groups, walking challenges and special events. 404-727-WELL; [www.fsap.emory.edu/health](http://www.fsap.emory.edu/health)



### **Emory Healthcare Fitness Rooms**

Several Emory Healthcare locations offer a fitness room for employees: Emory University Hospital Midtown, Emory University Orthopaedic and Spine Hospital, Emory Saint Joseph's Hospital, and Peachtree Center.

### **Sustainability Map**

Displays parks, preserves, green space and nature trails at Emory, as well as fitness routes, bike rack locations, Cliff Shuttle & MARTA routes. [www.sustainability.emory.edu/html/map/index.html](http://www.sustainability.emory.edu/html/map/index.html)

### **Emory Bariatric Center**

Offers weight loss expertise, treatments and technology. Options range from surgical to non-surgical programs, with or without meal replacements. [www.emoryhealthcare.org/bariatrics](http://www.emoryhealthcare.org/bariatrics)

### **Community Supported Agriculture (CSA)**

Local produce, meat, cheese, honey and more is available for weekly ordering and pick-up on Thursdays from 2-5pm at Rollins School of Public Health. [www.moorefarmsandfriends.com](http://www.moorefarmsandfriends.com)



## **Stress Management & Mental Health**

### **Faculty Staff Assistance Program (FSAP)**

Offers assistance to help with a variety of concerns, such as problems in personal and/or work relationships, grief issues, alcohol and drug abuse. 404-727-WELL; [www.fsap.emory.edu](http://www.fsap.emory.edu)

### **Online Screening Tools**

Available for confidential assessment of potential issues related to mental health and substance abuse. [www.mentalhealthscreening.org/screening/EMORY](http://www.mentalhealthscreening.org/screening/EMORY)

### **Stress Management Videos**

Relieve stress in just 5 minutes with one of FSAP's stress management videos: Progressive Muscle Relaxation, Mindful Breathing, and Stretching. [www.fsap.emory.edu/Media/take5.html](http://www.fsap.emory.edu/Media/take5.html)



### **Meditation**

Emory Collaborative for Contemplative Studies offers meditation groups on the Emory University campus. [www.emory.edu/ECCS/events/meditation\\_groups.html](http://www.emory.edu/ECCS/events/meditation_groups.html)



## **Tobacco Cessation**

### **Free Tobacco Cessation Programs**

Emory offers tobacco cessation programs free of charge. Participation in tobacco cessation programs is not associated with the tobacco use surcharge, and there is no penalty for participating in these programs. 404-727-WELL; [www.tobaccofree.emory.edu/cessation](http://www.tobaccofree.emory.edu/cessation)



## **Healthy Eating & Weight Management**

### **Healthy Snacking & Vending Video**

Take a few minutes out of your day to learn about healthy snacking at work: <http://fsap.emory.edu/Media/index.html>

### **Weight Watchers**

Options to attend Weight Watchers meetings at work or in the community. 404-727-WELL; [www.fsap.emory.edu/health](http://www.fsap.emory.edu/health)



### **Emory Farmers Market**

Emory Farmers Market features fresh, local produce, organic and sustainably-produced products. Cox Hall Bridge, Tuesday, 11am-3pm (weekly during the academic year and monthly in the summer). [www.emory.edu/dining/emory\\_farmers\\_market.php](http://www.emory.edu/dining/emory_farmers_market.php)



## **Work-Life**

### **The Emory WorkLife Resource Center**

Offers resources and programs to help employees manage work-life effectiveness in the areas of child care, adult care, workplace flexibility, financial education, and much more. [www.worklife.emory.edu](http://www.worklife.emory.edu)

