



Cutting costs for businesses through wellness, injury management and more

A stressed employee is at a greater risk for becoming an injured employee. When companies and other organizations think of cost containment, do they think of wellness programming? Wellness programming can be one of the best corporate investments during tough financial times. When companies are asking staff to do more with less, having wellness resources that boost employee self care helps to support businesses having healthier, more energetic and productive workers.

Madonna Fit for Work specializes in providing wellness programming that works within each unique business environment. Resources are designed to meet identified risk areas of the business head-on. Live educational



Michelle Welch, RD, LMNT, corporate wellness developer with Madonna Fit for Work, gave a live demonstration of healthy snacks to Madonna employees as part of the “What’s Cooking with Michelle” series.

events, conducted at the worksite, provide valuable information in a fun and engaging way. These “come and go” events, similar to an open house, provide employees with easy to implement health and fitness tips when

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it’s convenient for them to attend during their work schedule.

“We’ve developed customized programming that our customers rave over,” says Sande Dirks, director of Corporate Services for Madonna Fit for Work. “Our staff listens intently to what the challenges are within each business environment. Meeting the customer and their staff where they are has made the impact of our programming second-to-none in the region.”

Madonna Fit for Work’s goal is to help keep each staff member functioning within their top potential. Significant costs to businesses can be prevented through employment screenings, ergonomic assessments and teaching “best practices” for essential job functions. Further, use of wellness programming within companies has been shown to decrease absenteeism, improve retention and increase morale and fitness levels of staff.

When an employee is injured, the impact has a major rippling effect. Income loss, stress of short staffing and potential long-term costs can add up

quickly. Learning and using proper job mechanics can help prevent re-injury and promote full recovery.

The Madonna Fit for Work Corporate Service Hotline helps prevent delay of treatment and enhanced



Karen Rehm, corporate wellness coordinator with Madonna Fit for Work, gives instructions and a free exercise band to an employee as part of the “Lifestyle Challenge” kick-off. Rehm made personal visits to each unit to encourage employee participation.

coordination of care. The hotline coordinator will communicate with the employer, physician offices, therapy resources and injured worker to cover gaps in the process that can slow a person’s return to work.

Madonna’s strong relationships with a variety of medical experts mean Fit for Work’s hotline personnel are able to

Now you can.



Employees at Ameritas learned creative ways to deal with stress as part of a "Lunch 'N Learn" session with Karen Rehm, corporate wellness coordinator for Madonna Fit for Work.

secure appointment times much earlier than might typically be available with traditional scheduling.

Madonna Fit for Work has resources to provide unique services to assist workers. For example, in situations where stress is a significant barrier to recovery, wellness coaches are able to provide stress management coaching, teaching workers new self care skills to better manage the stress in their environment.


Employers are able to access the entire spectrum of Madonna's rehabilitation services through Fit for Work. Physical and occupational therapists, and the resources of Madonna ProActive, a medically based fitness facility, can benefit a recovering employee or support employees in maintaining their health.

From injury, to recovery, to prevention and wellness services, Madonna Fit for Work offers a complete continuum of services designed to support employers

in creating safe and healthy work environments.

For additional information on Madonna Fit for Work services, contact Sande Dirks, director of Corporate Services, at 402-486-7710 or sdirks@madonna.org.

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