

Virtual Wellness Fair

May 17th through May 28th



St. Luke's

Employee Wellness

Inspiring Health

All employees have access to health and wellness activities, support, and resources.

Browse the resources and information below from our vendors to learn about the different health and wellness programs available to you.

Programs and resources available to all employees.



Employee Wellness

- [Wellness Intranet Site](#)
- [Quit Tobacco & Vaping](#)
- [Facebook Page](#) (Accessible outside of St. Luke's)



omada

Healthy Living Support

- [Program Overview](#)
- [FAQs](#)
- [Healthy Patterns for Life](#)
- [30-Second Tension Tamer](#)



Employee Assistance

- [Program Overview](#)
- [COVID-19 Support](#)
- [Legal/Financial Resources](#)
- [VITAL WorkLife App FAQ](#)



Healthy Living

- [Program Overview](#)
- [WW Highlights Video](#)
- [Sign up for WW](#)
- [Member Success Story](#)
- [Find a WW Studio](#)



Financial Wellness

- [Building Savings](#)
- [Financial Basics](#)
- [Build a Plan](#)
- [Access Your Account](#)



Clinical Nutrition

- [US Dietary Guidelines](#)
- [Make Every Bite Count](#)
- [Nutrition Resources & Recipes](#)
- [Choose MyPlate](#)

Programs and resources for those enrolled in St. Luke's insurance.



Preventive Care

- [Preventive Care Recommendations](#)
- [Register for Online Portal](#)
- [Blue365 Discount Marketplace](#)
- [Sharecare Portal](#)



Delta Dental of Minnesota

Dental Care

- [Website Overview Video](#)
- [Preventive Care](#)
- [Diet & Nutrition for Oral Health](#)
- [Tobacco Use & Oral Health](#)