



guide

## BVRMC Wellness Resource Guide

Buena Vista Regional Medical Center strives to improve the health of the people and the communities we serve; including our employees. We believe our real strength is the people who work at BVRMC and are committed to their well-being. Our culture encourages regular participation in programs that combine medical advice and wellness programs to encourage a healthy lifestyle.



**More information:** BVRMC Social Workers for Employee Assistance Program (EAP)



### Spiritual

Having someone to walk with you in a difficult time can help you get through the hurt you may be experiencing. It is confidential one-on-one care to members of our community.

#### What is Stephen Ministry?

**More information:** Maxine Lampe, 712.732.1058; Pat Cowen, 712.299.3102;  
St. Mark Lutheran Church Office, 712.732.5255



### Alcohol & Gambling

Preoccupied with gambling or thinking of ways to get money with which to gamble? Lying to family and others about the extent of gambling and the use of alcohol? Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling or excessive use of alcohol?

**More information:** Gambling: 1.800.BETS OFF or <https://yourlifeiowa.org/gambling>  
Alcohol: Jackson Recovery, 1.800.472.9018 or [www.jacksonrecovery.com](http://www.jacksonrecovery.com)



### Nutrition

A useful nutrition resource site is Academy of Nutrition & Dietetics. This site offers nutrition fact sheets on a variety of topics. The MyPlate website provides nutrition education information for consumers.

[www.eatright.org](http://www.eatright.org)    [www.choosemyplate.gov](http://www.choosemyplate.gov)

**More information:** Dietitians;; Jamie Grieme or Julie Clark at ext 8637



### Stop smoking

Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Quitline Iowa can help you with each step of the way. Free, Convenient, Safe & Secure.

Quitting tobacco is a process.      <https://iowa.quitlogix.org/en-US/>

**More Information:** Kristi Bihrer, RN; 712.213.8690



Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

Physical Activity Guidelines: [www.cdc.gov/physicalactivity/index.html](http://www.cdc.gov/physicalactivity/index.html) or  
[www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html](http://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html)

**More Information:** Evan Franzmeier, Fitness Center Manager; 712.732.7722 or ext. 8874  
[www.bvrmc.org](http://www.bvrmc.org) for list of services and hours.



Financial planning is simply the process of setting goals and thinking through the steps it will take you to reach them. Each person's financial plan looks different, depending on their short-term and long-term financial goals.

[www.daveramsey.com/blog/a-financial-plan-that-works](http://www.daveramsey.com/blog/a-financial-plan-that-works)