

# LAWRENCE BUSINESS MAGAZINE

2025 Q2



## LAWRENCE BUSINESS MAGAZINE FOUNDATION AWARDS

and the Lawrence Magnet - Returning to start a New Chapter



# Workplace Wellness

IMPROVING THE HEALTH OF EMPLOYEES  
ONE BUSINESS AT A TIME.

by Autumn Bishop, LMH Health,  
photo courtesy LMH Health

When you hear the term “workplace wellness,” what do you think of? It may conjure thoughts of pre-employment physical exams and fitness for duty testing. Occupational medicine traditionally focuses on the health and safety of employees in their work environment.

Now imagine a workplace where employees' health and wellbeing thrive. Welcome to LMH Health's Workplace Wellness program, designed to help keep the community's businesses and employees healthy. Greg Windholz is the Director of Workplace Wellness.

“The Workplace Wellness program has three goals – to help injured employees recover and return to work as soon as possible, to help prevent injuries from re-occurring, and to help avoid employee injuries from occurring in the first place,” he explained.

The clinical team at Workplace Wellness includes two nurse practitioners, a physical therapist, and a physician who will join the

clinic in mid-2025. The program provides services that can help reduce costs related to an employee's healthcare and potential loss due to workplace injuries, including:

- Pre-employment physicals
- Department of Transportation examinations
- FAA Exams (coming soon)
- Drug and alcohol screenings
- Fitness for duty examinations
- Work-related injury treatment

In addition to traditional occupational health components, LMH Health provides the WellCare program, connecting employees with information, programs and events so they can take charge of their health. Windholz explained that robust wellness programs can be key to achieving improved employee health, leading to optimal operational and financial results for an organization.

The City of Lawrence, Douglas County and KU Endowment all participate in LMH WellCare's wellness programming, which provides a wellness portal for each employee. Windholz explained that the program isn't one size fits all.

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*Courtney Sachs, APRN, talking with a patient during a visit as she provides him with the results of his biometric screening*

"LMH WellCare is customizable based on the organization's needs, so the full experience can be different for each company," he said. "Our team comes to you to learn more about your needs and we'll design a program that's best for you."

Programs may encompass:

- Biometric screenings, including blood pressure testing, height and weight measurements, a comprehensive metabolic and lipid panel, hemoglobin/A1C testing for employees living with diabetes, and PSA testing for men.
- On-site health fairs, providing biometric screenings, flu shots and preventative screenings.
- Wellness coaching with a health navigator (APRN) to empower employees to make changes toward a healthier lifestyle and access wellness program resources.

Conditions such as high cholesterol, high blood pressure and being overweight or obese are major risk factors for heart disease and stroke. Through LMH WellCare, employees can be tested regularly so they have a better picture of their health and a chance to detect dangerous conditions early, even when there are no other warning signs.

"One piece of our mission is to identify chronic disease and get employees to the interventions they need to live a healthier lifestyle."

"We want to take care of the whole employee and be your partner for lifelong health, from illness to injury to chronic disease prevention," Windholz said.

Why choose LMH Health's Workplace Wellness? It's a service that's a win-win for both employees and businesses. The program can help employees improve their health and well-being, reducing medical costs for them and their employers.

"From pre-employment physicals to worker's compensation and wellness checks, we do it all. That's unique in this space as we're helping the company look out for the health of their employees and their bottom line." ▲

**Join LMH Health Workplace Wellness today and invest in the health and productivity of your employees.**  
Contact us at 785-505-3114 or visit [lmh.org/workplace-wellness](http://lmh.org/workplace-wellness) to learn more and customize a plan that fits your needs.



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