

Wellness Resource Guide

Wellness Contact List for: Appleton Plant / DCs / Headquarters / Portage / Sales

Health Coaches

Kathy Brown-Miner: Health Coach, Dietitian, Exercise Physiologist

Jennifer Ganser: Health Coach, Fitness Trainer, Nutrition Counseling

Email: HealthCoach@appletonideas.com

Phone: (920) 991-7034

Health Coach Hours: Health Coaches are on-site Tuesday, Wednesday, and Thursday

Kathy and Jennifer can partner with you on lowering your health risks in the areas of stress management, high blood pressure, high cholesterol, diabetes, weight issues, and smoking cessation.

Wellness Center

Brenda Larson: Wellness Center Coordinator

Jordan Meyer: Wellness Center Assistant

Email: WellnessCenter@appletonideas.com

Phone: (920) 991-8473

Wellness Center Hours: Monday – Sunday 4:00 AM–8:00 PM

The Wellness Center is committed to offering programs that improve the health and well being of Appleton employees, spouses, and retirees. Group fitness classes, personal exercise and weight loss programs, and rehabilitation services are provided by certified professionals.

Occupational Health Nurse

Peggy Wardecke: Registered Nurse

Email: PWardecke@appletonideas.com

Phone: (920) 991-8717

Peggy is responsible for leading the Appleton campus medical function to conserve, protect, and promote the health and safety of employees. Peggy may be used as a medical resource for all Appleton campus employees. She also coordinates and administers the annual flu vaccination clinic.

General Contact

Stephanie Anderson: Health & Wellness Coordinator

Email: SAnderson@appletonideas.com

Phone: (920) 991-7506

Stephanie partners with all Appleton sites to develop wellness programs that support Appleton's strategy of building a Culture of Health. Additionally she coordinates the company Health Risk Assessments and manages Appleton's community wellness efforts such as the Well Workplace/Well City Initiative.

Employee Assistance Program

ThedaCare Workplace Solutions provides free and confidential counseling, information, and referral services to employees and their household members.

Phone: (920) 749-2390 OR (800) 236-3666

Website: www.thedacare.org/workplacesolutions

Wellness Contact List for: Spring Mill

Health Coach and Occupational Health Nurse

Joan Simpson: Health Coach, Registered Nurse

Email: JSimpson@appletonideas.com

Phone: (817) 22-6337

Joan can partner with you on lowering your health risks in the areas of stress management, high blood pressure, high cholesterol, diabetes, weight issues, and smoking cessation. Joan may also be used as a medical resource for the West Carrollton Campus

Employee Assistance Program

Bensinger DuPont & Associates provides free and confidential counseling, information, and referral services to employees and their household members.

Phone: (800) 227-8620

Website: www.bensingerdupont.com

Wellness Contact List for: West Carrollton

Health Coach and Occupational Health Nurse

Nancy Krey: Health Coach, Registered Nurse

Email: NKrey@appletonideas.com

Phone: (937) 847-7205

Nancy can partner with you on lowering your health risks in the areas of stress management, high blood pressure, high cholesterol, diabetes, weight issues, and smoking cessation. Nancy may also be used as a medical resource for the West Carrollton Campus

Wellness Center

Melanie Appel: Wellness Center Coordinator

Email: MAppel@appletonideas.com

Phone: (937) 847-7166

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Employee Assistance Program

EmployeeCare of Miami Valley and Good Samaritan Hospitals provides free and confidential counseling, information, and referral services to employees and their household members.

Phone: (937) 208-7082

Website: <http://dpeap/>

Other Resources Available:

- ◆ **“Take Care of Yourself”**: A complete illustrated guide to medical self care.
 - Free copies available through Stephanie Anderson
- ◆ **Health Club Reimbursements**: Employees are eligible to receive an annual taxable reimbursement amount up to 50% of the membership fee with a maximum limit of \$300. Forms are available on insideAppleton or through Human Resources
- ◆ **Tobacco Cessation Reimbursements**: Employees are eligible to receive an annual taxable reimbursement amount up to 50% of the costs of Tobacco Cessation classes/products with a maximum limit of \$300. Forms are available on insideAppleton or through Human Resources