

DIABETES EDUCATION

Taught by a registered nurse, dietitian, and a pharmacist our program includes:

- Diabetes education, Type 1 & 2
- Gestational diabetes
- Pre-diabetes education
- Insulin administration
- Acute and chronic complications
- Medical nutrition therapy
- Self blood glucose monitoring
- Exercise education

The SRMC Diabetes Education Program is recognized by the American Diabetes Association and approved by Medicare and most insurances.

DIABETES PREVENTION CLASSES

Learning as much as you can about nutrition, exercise, and lifestyle changes to improve your health and prevent diabetes.

Is your company interested in holding an onsite blood drive?

Contact us for more information!



**The Sidney Regional Medical Center
Community Health Department proudly serves
Cheyenne & Deuel County residents.**

**Our organization offers a wide array of health
care services to businesses, organizations,
and groups just like yours!**

For more information or to schedule
a visit, please call:

Community Health
308.254.5825

1000 Pole Creek Crossing Sidney NE 69162
www.SidneyRMC.com • 308.254.5825

Sidney Regional Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. SRMC cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

This institution is an equal opportunity employer and provider.
1000 Pole Creek Crossing • Sidney NE 69162
(308) 254-5825 • www.Sidneyrmc.com



Worksite Wellness Service



Health and Wellness
Made Simple

Committed to Quality. Committed to You.

Community Health - Worksite Wellness Service

Call for more information today!
308-254-5825

With long work hours, busy schedules, its hard to find time to visit your provider. This service prevents that struggle.

This program is designed for those who operate on tight schedules.

Services Offered:

(Most offered onsite at your location)

- Blood Pressure Screenings and Education
- Occupational Hearing Screens
- Vaccinations for area businesses
- Seasonal Flu vaccinations
- Pre-employment Screenings
- Onsite Health & Wellness Fairs
- Health Education Presentations
- Diabetes Education
- Diabetes Prevention Classes

Blood Pressure Screenings and Education
It is recommended that adults age 18 years or older are regularly screened for blood pressure.

It is recommended that adults age 18 years or older are regularly screened for blood pressure.



Occupational Hearing Screens

Hearing screenings are available to businesses for pre-employment baseline or for annual screenings

- Screenings are available at SRMC or onsite utilizing a mobile hearing booth
- Annual screenings are reviewed by an audiologist

Vaccinations

Community Health provides immunizations for adults including:

- Hepatitis B (Hep B) Vaccine
- Tetanus, Diphtheria, Pertussis (Td, Tdap) Vaccine
- Tuberculosis (TB) Testing

Seasonal Flu vaccinations

At SRMC we offer onsite Flu vaccinations for your employees.

We are here to make sure you are protected from vaccine-preventable diseases.



Pre-employment Screenings

Have a new employee? Let us help simplify your onboarding process, SRMC offers a large variety of screenings to meet your pre-employment needs.

Available testing includes:

- Hearing Screening
- Drug Screening (DOT and Non-DOT)
- Physicals
- Lift Testing
- PFT's (Pulmonary Function Testing/Respiratory Mask Fit)
- Department of Transportation (DOT) Physicals

Onsite Health & Wellness Fairs

SRMC will provide an educational and interactive event centered around your organization and your employee's health. This is a fun and impactful way to show your employees that you care for their health.

Some of the services you can choose from include:

- Blood pressure screenings
- Blood screenings
- Body Mass Index (BMI)
- Immunizations (Including Flu Shots)

Health Education Presentations

Let one of our skilled team members address a specific health topic with your group. With hundreds of health related topics that vary anywhere from nutrition and exercise to heart health.