Vanderbilt Corporate Health and Wellness

Vanderbilt Corporate Health and Wellness offers comprehensive and customized health screenings, immunization services and wellness education to improve the health of employees in Nashville and throughout Tennessee and the region.

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Pricing and Service Questions
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Employer Inquiries
(615) 343-9557

VanderbiltHealth.com/information/corporate-health-and-wellness
A coordinated team of nurses and other clinicians supports the following services:

**Comprehensive Health Screening**
A comprehensive health screening involves a personal health survey, biometrics measurements and a personal health enhancement report.

The personal health survey seeks to identify unhealthy behaviors and appraise health risks. The survey is available in both print and online, in either English or Spanish.

**Biometric measurements** can be performed onsite to catch health issues before they become larger problems. These measurements include, but aren’t limited to:

- Standard physiological measurements (height, weight, blood pressure, body mass index)
- Blood work, including a lipid profile, triglycerides, glucose, hemoglobin A1C

- Bone Density Screening (women)
- PSA Test (men)
- Body composition analysis

After the survey and biometrics measurements are conducted, the team generates a customized **Personal Health Enhancement Report**. The report offers guidance on how to reduce lifestyle risks and provides a list of recommended health screenings and exams. Certified health coaches can help employees interpret the reports, provide guidance about results and answer questions about next steps.

**Basic Health Screening**
A basic screening involves biometric measurements only. These biometric results will be given to the individual the same day of the screening.

**Immunization Events**
Offering flu shots and other immunizations, as well as TB skin tests and COVID-19 tests, are another important part of the team’s portfolio. Employers can choose for these events to be conducted at drive-in or on-site clinics.

**Customized Online Registration and Event Management**
The team’s services include event set-up and breakdown, signage and an onsite registration station.

**Analytics and Reporting Platform**
Maintaining strict privacy and confidentiality guidelines, the team uses a technology platform to provide employers with helpful online tools such as one-click, on-demand aggregate health data reports. The technology enables the team to better identify and manage lifestyle risks and signs of pre-disease. Results can be transmitted to employer wellness portals or to physicians in a client-requested format.

**Wellness Education**
The team often holds informational sessions at company-wide events and manages wellness booths at workplace and community health fairs. They can contribute expertise to the design and management of an organization’s wellness plan. The team also conducts fitness tests and provides health and wellness coaching, including tobacco/nicotine treatment.