



Legacy Designated Only Level 1 WellSpot in Cenla

The Louisiana Office of Public Health's Health Promotion Team is working with worksites, hospitals, schools, childcare centers, colleges/universities, and restaurants to help them meet wellness benchmarks, like being tobacco-free or breastfeeding friendly. A place or organization that has implemented voluntary, smart changes to making healthier living easier for all Louisiana citizens will be designated as a WellSpot. Legacy Health & Wellness has met each required benchmark and achieved Level 1 status in the program. It is currently the only Level 1 WellSpot in Central Louisiana.

In order to be named a WellSpot, a worksite must be completely tobacco-free and have a tobacco-free workplace policy. "Though our entire staff is tobacco-free, we did not have a formal policy in place," said Wellness Coach Amy Sonnier, M.A. "So the first step we took was establishing and implementing a policy prohibiting usage of all tobacco products at this

worksite. It is a matter of practicing what we preach."

In addition to being 100% tobacco-free, a WellSpot site must also offer employee health assessments, support for breastfeeding mothers, tobacco-cessation services and support, healthy vending options, and education on healthy living habits.

"As healthcare providers, we believe in modeling healthy behavior," explained Dr. Brian Elkins, MD, FAFP. "Being named a Level 1 WellSpot gives us credibility with our patients and is a way to better communicate healthy behavior to them."

"We hope other worksites will follow this example and aim to become WellSpots, too," Sonnier added.

Legacy Nurse Practitioner John Hall, MHA, FNP, stated, "This is an excellent example of how to be proactive on wellness. It's a great way for [companies] to invest in the health and wellbeing of its employees."

Back to School Immunizations

In a few weeks, most schools in our area will be back in session. Don't wait until the last minute to get those immunizations and sports physicals! Legacy Health & Wellness can help ensure your children are ready to return to the classroom with proper paperwork.

Immunizations have had an enormous impact on improving the health of children in the United States.

Most parents today have never seen first-hand the devastating consequences that vaccine-preventable diseases have on a family or community. While these diseases are not common in the U.S., they persist around the world. It is important that we continue to protect our children with vaccines because outbreaks of vaccine-preventable diseases can and do occasionally occur in this country.

Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly – especially in infants and young children.

Schedule an appointment with Legacy today, or for more information, go to www.cdc.gov/vaccines/parents/index.html

Source: Centers for Disease Control and Prevention



Patient-Satisfaction Survey Available

Legacy Health & Wellness now offers a patient-satisfaction survey upon checkout. Designed to be completed in less than one minute, the survey consists of 10 questions regarding ease of scheduling an appointment, speed of service, helpfulness of providers and staff, and other measures of customer service. It is administered via a mounted iPad, with all data going directly to a cloud server, providing daily feedback to the clinic. On your next visit to Legacy, we hope you will take a moment to tell us how we're doing. We are here to serve you!



GCC Dependents Will Pay Flat Fee

Effective August 1, 2015, legal dependents of Gilchrist Construction Company employees will have the opportunity to access Legacy Health & Wellness for a flat fee. The fee covers all medical and wellness needs for only \$20 per visit.

"We are very proud of our workforce and the tremendous work [they] do every day," said Valerie Aymond, GCC chief resource officer. "We are also very proud of our staff of providers at Legacy Health & Wellness. They are delivering best-in-class healthcare services to our workforce!"

“The folks at the clinic have had more conversations with me about my health than any of the medical folks I have seen my entire life. I do appreciate that.”

– John C. Davidson
9th Judicial District Court Judge