

Iowa Methodist Wellness Services



IOWA HEALTH
DES MOINES

Methodist • Lutheran • Blank

(515) 241-5908 | Online | Email



We're working to keep you working!

Our health assessments and education initiatives can identify and prevent potential health concerns among your employees. By reducing stress, sickness, injury and lost work time, Iowa Methodist Wellness Services can positively affect your bottom line by helping you keep employees healthy. We accept the challenge to reduce your overall healthcare costs by improving the well-being of your workforce!



Wellness Services
Iowa Methodist Medical Center
1200 Pleasant Street
Des Moines, IA 50309
(515) 241-5908



Our services include:

- Health Risk Assessments (HRA)
- Blood profiles
- Blood pressure screenings
- Body composition analysis
- On-site vaccinations and flu shots
- Wellness education programs
- Disease management and education
- Stress management
- Exercises, nutrition and fitness consultations
- CPR and First Aid classes
- Individualized life, health and intrinsic coaching
- Coordination with HeartReach mobile diagnostic testing