



**Workplace Wellness Statistics
Pottsville / Schuylkill Haven Area EMS**

4th Quarter (October - December 2008)

Pottsville Office

307 North 2nd Street
Pottsville, PA 17901
Phone: 570-628-6990
Fax: 570-628-5899

Northumberland Office

65 King Street
Northumberland, PA 17857
Phone: 570-473-1290
Fax: 570-473-8602

Toll Free Number

1-800-264-1290

Website

www.COGInc.org

Board of Directors

Dr. David A. Zanis
President

Mr. Tom Scranton
Vice President

Mr. Ron Hollm
Secretary

Mr. Norbert McCloskey
Treasurer

Enrolled Employees 34

Website Stats

Main Workplace Wellness Page 11
Employee Page Logins 2
Employer Page Logins 0

Presentations

October 8, 2008
Tobacco Cessation Attendance = 0
October 22, 2008
Stress Management Attendance = 0
November 5, 2008
Healthy Eating Habits Attendance = 8
November 19, 2008
Weight Management Attendance = 5
December 3, 2008
Tobacco Cessation Attendance = 4
December 17, 2008
Stress Management Attendance = 10

1-800 Calls N = 1

Counseling Services 4 employees
1 family members

Counseling Hours 12 hours

Phone Assessments N = 2

Service Outcomes

2 individuals Quit Tobacco
(At follow-up, 1 remained quit & 1 relapsed after 1 week)
1 individual Lost Weight
(Diet Change and Physical Activity resulted in 13 pounds
of weight loss in approximately 3 months).