



STATE OF NEVADA **Health and Wellness Services**

The State of Nevada's Health and Wellness Services is a combination of health promotion, education and wellness services that help Nevada agencies discover, achieve and maintain healthier lifestyles.

Unhealthy lifestyles are the major cause of disease in our country; heart disease, diabetes, increased cholesterol levels and high blood pressure have led to premature illness and death. There is significant evidence that these chronic diseases are costly and can be monitored and controlled. Many of these conditions are preventable.

The State of Nevada has provided prevention programs and services to help recognize and treat these chronic conditions. The State of Nevada also provides avenues and referrals to change unhealthy behaviors. The variety of services available can positively impact all Nevada agencies, communities and individuals. Please contact the *Nevada Health and Wellness Coordinator* for additional information or assistance.

Health and Wellness Coordinator

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Services and Trainings available:

- Wellness Coaching
- Appointment setting
- Physician referrals
- Local healthy business referrals
- Local business and athletic discounts
- Diet and Nutrition counseling
- Health Promotion
- Cardiovascular disease training
- Diabetes training
- Fitness training
- Injury Prevention training

Resources available:

- How to control Blood Pressure
- How to control Diabetes
- How to control Cholesterol
- Weight Management
- Healthy Eating
- Fast food alternatives
- Nutrition quizzes
- Physical Fitness for the entire family
- Recreation and fitness in your area
- Sports league information and materials
- Health Risk assessments