

# Workforce Health Services

**FREE** to all City of Milwaukee employees and spouses/  
domestic partners regardless of whether enrolled in the  
City's health insurance plan.



## Year-long Health Coaching

Offered at the Wellness Center and over the phone, meet with a health coach to help develop a plan for a healthier lifestyle.



## Workplace Clinic

Convenient, on-site health care services at no cost to you!



## Wellness Center

Your go-to source for keeping you healthy! We offer health coaching, blood pressure checks, weight checks, and a place to learn more about city-wide wellness programming.



## Early Intervention Physical Therapy Clinic

Free screenings, consultations, and education services to prevent and treat potential musculoskeletal injuries.



## Travelling Wellness Center

Your satellite wellness center that comes to you! We offer wellness information, blood pressure checks, weight checks, and a place to learn more about city-wide wellness programming.



## On-site Blood Pressure Checks

Free blood pressure checks!



## Nutrition Coaching

Free nutrition coaching with a registered dietitian at the Wellness Center and Department of Public Works headquarters.



Visit the **Department of Employee Relations (DER)** website for more specific information including locations, hours and how to make an appointment.

[www.city.milwaukee.gov/der/wycm](http://www.city.milwaukee.gov/der/wycm)

or call **414-777-3410** for more information

*In partnership with*



Workforce Health

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