

WELLNESS AT INFRAMARK

To: Inframark Colleagues
From: Dawn Harrell - Project Manager - McComb, MS
Re: Health Screening Program

My Story:

I am really grateful for the health screenings. The past 2 years, one of my employees each of the years has been sent to the doctor immediately from the screening with a previously unknown health condition. Was this service not provided by Inframark, they would have been unaware there was even a problem. As for me, it gives me a starting point for discussion with my doctor during regular checkups, and to track my progress to become the best me I can be.

The Secrets to My Success:

I have learned a lot since we started this wellness program. And I encourage my employees to learn as well. There is so much information you can take in from just being involved in the program. I didn't even know what our 'numbers' were supposed to be before we started offering this program.

Why This Matters to Me:

I have become a lot more educated about health and wellness since I started this journey. I'm a lot stronger, have a lot more energy, and sleep better. I believe the other employees here would agree as well. We have grown healthier as a team, and as individuals. I think we are blessed to have the resources to make this happen.

Dear Readers,

Through the on-site health screening program, I found out why I was feeling so bad and thirsty all the time. My head would start hurting and I would start having chest pains. I would wake up all through the night feeling thirsty and tired. As a result of the health screening process, I was told my blood sugar was at a high level and that my blood pressure was also extremely high. I was told to go straight to the hospital and get seen by a doctor asap. I am now on blood pressure medicine to control my blood pressure and also taking medicine for my diabetes and I feel much better than I did. I truly believe it saved my life.

The secret to my success was Inframark valuing its workers' health. If they wouldn't have set up these health screenings, I don't think I would have taken my health as seriously as I do now. I have also learned to eat healthy, exercise more and when I am feeling bad not to be afraid to seek medical attention in a timely manner.

This situation matters to me so much because I have a wife and two small kids that need and depend on me. And I have such a great job with Inframark that I am so proud to be a part of - that I want to continue to be a part of and stay healthy and physical enough to continue to be a good hard worker for a long time to come.

- Eric Jones,
Operator, McComb, MS



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