



Parish of Ascension

OFFICE OF THE PARISH PRESIDENT

TOMMY MARTINEZ
Parish President

Parish Employees Participate in Healthy Lives Program

**Contact: Lester Kenyon (225) 450-1138; E-mail: lkenyon@apgov.us
FOR IMMEDIATE RELEASE: March 18, 2013**

GONZALES – Ascension Parish President Tommy Martinez announced Wednesday parish employees enrolled in the parish’s healthcare plan now have access to health coaching and a monitoring plan for healthier living.

Parish employees participated in a healthcare screening program on March 6 at Lamar-Dixon Expo Center as part of the Healthy Lives program. This wellness program is being provided as part of the parish’s Coventry Healthcare Plan.

Parish Benefits Administrator Kristi Anderson said 115 employees signed up for the free screening that included biometrics height, weight and waist measurements, a Smokerlyzer smoking status breath test, blood pressure testing and blood work for blood glucose and cholesterol levels.

Anderson said employees will receive results from their screenings in about four weeks.

“With that information in hand, employees will have a plan of action to help improve their health,” Anderson said. “Health coaches will be available to the employees.”

Anderson said health coaching services will include developing a personalized plan for each employee to help them manage issues such as diabetes, weight control, high cholesterol, high blood pressure and asthma.

Employees will also be offered a Tobacco Use Cessation Program and a Pregnancy Wellness Program.

“I think this program is a great opportunity for our employees because employees that don’t get regular screenings with their doctor, may find out that they have high cholesterol or high blood pressure,” Anderson said. “Being able to recognize these things ahead of time and stop them from becoming something more serious is the number one priority for our employees.”



Darin Martin (left), weed control supervisor with the East Ascension Drainage Department, is shown getting blood drawn on March 6 by Pam Quinn, a technician with Healthy Lives health program. Martin and other parish employees participated in a wellness program health screening process as part of the parish’s healthcare insurance program. Martin will receive an evaluation in approximately four weeks and have access to a health coach and numerous health management programs. “This is a real good thing because people here are trying to get better by living a healthier life.” Martin said.