



It's easy to put off that flu shot, but when Wellness Express brings it to the office, it's a cinch. Our employees are more likely to keep up with their shots and stay healthy - and a healthy workforce comes to work! I am very satisfied with Wellness Express' personal touch and eagerness to meet our needs.



Mona Bernard
Office of Risk Management
Lafayette Parish School System



Wellness Express has allowed us to provide flu shots to employees on-site, thus minimizing the amount of time employees are otherwise away from work. They don't have to spend time traveling to or from a clinic or sitting in a waiting room. Also, they don't have to pay anything "up-front" and wait to be reimbursed. To sum it up: Convenience to all concerned.



Thomasine Hollier
Manager, Group Health Benefits
Frank's International



Wellness Express lets us accommodate our employees, while they are at work, and our employees love the convenience and knowledgeable staff. We have been working with Wellness Express for more than six years and do not plan to make any changes. Shirlene and Tommie are part of our PHI family.



Julie Anne Broussard
Wellness Coordinator
PHI, Inc.

Host a clinic today!



Now is the best time to protect your employees and promote their ideal health. Learn more about hosting a convenient on-site clinic from Wellness Express by contacting us today. Call us at (337) 988-1138, or visit us online at www.wellnessexpress.org.

Your health is not only our highest priority, **it is our only priority.** Because of this, we also services on an individual basis at our office in Lafayette.



207 North Luke Street | Lafayette, LA | 70506

phone: 337.988.1138 | fax: 337.984.50.37

wellnessexpress.org

Hours of operation

Tuesday 10AM - 5PM
Wednesday 10AM - 5PM
Thursday 10AM - 6PM

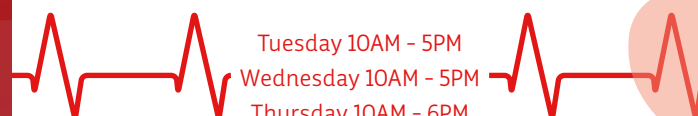
Lunch 1PM - 2 PM



Vaccinations

Biometric screenings

Vitamin injections



Decades of Service

As the founder of Wellness Express, Shirlene Young, RN has over 20 years experience working in emergency rooms and intensive care units. She passionately shares her expertise in treating the devastating effects of acute, chronic, and vaccine preventable illnesses with countless patients across Acadiana.



Delivering a healthy & productive workplace

Wellness Express offers vaccinations, biometric screenings/education and vitamin injections that promote optimal health and productivity. We administer Vitamin injections that energize, plus vaccinations that minimize disease and the effect of seasonal sickness, all in accordance with individuals' schedules. Our mission is to help Acadiana businesses and individuals keep their Healthcare budgets under control by proactively improving health, wellness and quality of life.

We've got you covered

Our vaccinations are covered by most major insurance plans. As a Preventative Health Provider, Wellness Express is also able to file member claims for on-site biometric screenings for covered employees that wish to participate. We are able to invoice employers and/or accept direct payment from employees for screenings and vaccinations.

Vitamin injections are easily covered through cash, check, or credit/debit card.

Our services



Vaccinations

Over 50,000 adults die each year from vaccine-preventable diseases. It is time to stop feeding the statistics. Vaccines help protect against serious illnesses including influenza, tetanus, diphtheria, pertussis, pneumonia, hepatitis B and more. Regular vaccination is the best step towards prevention.

We provide vaccinations for:

- Adults
- College Students
- Adolescents
- Traveler's Immunizations

Biometric Screenings

Our biometric screenings help identify a person's potential medical problems in order for them to take steps to avoid them. We identify an individual's health risks and give them the tools they need to make changes and lower these risks. We often use these screenings to identify individuals with risk factors for conditions like metabolic syndrome, which can lead to serious chronic health conditions. Our experienced and compassionate staff understands the stress many people feel when thinking about health. Our focus is to help maximize the teachable moments that occur when we deliver their screening results, and to get people actively engaged in their own health.

Biometric Screenings Include:

- Height Measurement
- Weight Measurement
- Body Mass Index (BMI)
- Blood Pressure
- Waist Circumference (abdominal girth)
- Fasting Glucose/Blood Sugar
- Total cholesterol
- HDL & LDL cholesterol levels
- Triglycerides level (fatty acid in the blood)

Vitamin Injections

We provide various Vitamin injections that contain the most important nutrients the body needs to maintain proper health.

B-12

Our injections contain the most potent form of B12 found in nature, called *methylcobalamin*. Methylcobalamin helps to empower the circulatory, immune, and nervous systems. It has been shown to reverse nerve damage, promote cell regeneration and play a key role in sleep.

Super-B

Our Super-B injection contains a healthful combination of vitamin-B complex, a rich blend of amino acids, and other important compounds, including:

- Methionine*: boosts the digestive system and detoxifies the liver
- Inositol*: converts fats into other useful products
- Choline*: promotes weight control and helps balance the nervous system

Super-B Extreme

Our most comprehensive vitamin injection, Super-B Extreme has all the benefits of the B12 & Super-B injections, plus the addition of the powerful nutrients chromium and L-carnitine.

- Chromium*: promotes normal insulin function, helps to metabolize fat, turns protein into muscle, and converts sugar into energy
- L-carnitine*: provides additional amino acids, promotes healthy muscles and bones, and boosts the function of both the heart and brain.