



Begin Your Wellness Journey Today

Partner with your Health Coach to overcome obstacles and achieve your wellness goals. Health Coaching services through ThedaCare At Work offers in-person, virtual and telephonic visits.

- Blood Pressure Check
- Weight Management Strategies
- Tobacco Cessation Support
- Stress Management Techniques
- Exercise Programming
- Healthy Lifestyle Coaching
- Fitness Assessment
- Health Risk Assessment Follow-up

Scan me to
schedule



ThedaCare At Work-Appleton North
3925 N. Gateway Drive, Appleton
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Monday-Friday (hours vary by day)

ThedaCare At Work-Waupaca
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