



# Adena Health Resource

*Your Resource for Health and Wellness*

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**Introducing the High-Performance Health  
Network for employers**



A new, competitively priced health network is now available to benefit employers and employees. This network, brought to you by Adena Health and The Ohio State University Health Plan Solutions, offers access to high-quality primary and specialty care close to home.

[Learn More](#)

## Boost safety and minimize risk with job description analysis and testing



Adena Occupational Health can help employers with an on-site job description analysis and review to reduce these risks by ensuring your job descriptions have clear and accurate physical requirements.

[Learn More](#)

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### We want to hear from you

What health and safety topics should we cover next?

[Take Survey](#)

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**Introducing the new Adena Orthopedic and Spine Institute  
Express Clinic**



Do you have an employee dealing with a sudden injury outside of work? The Adena Orthopedic and Spine Institute Express Clinic may be a solution.

[Learn More](#)

## Schedule on-site flu vaccines now



Flu season is just around the corner—ensure your team stays healthy by scheduling on-site flu vaccinations with Adena Health.

[Learn More](#)

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**Exclusive resources for our employer partners**

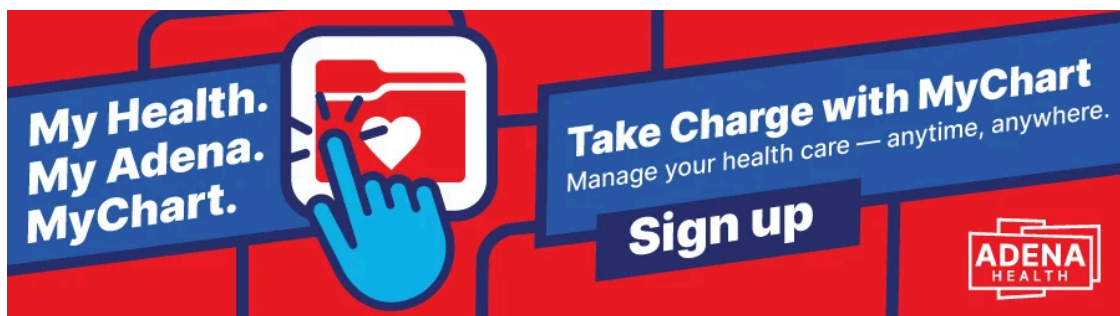


Adena Health offers a free digital content library with resources to help employers support the health and well-being of their employees.

[Learn More](#)

## Resources

- **Find a provider:** <https://doctors.adena.org/>
- **Workplace resources:** <https://adena.news/workplace-resources>
- **Urgent care appointments:** Schedule your Adena [Urgent Care appointment](#) online.
- **Contact:** Tiffany Lemle ([tcastor@adena.org](mailto:tcastor@adena.org))



**My Health.  
My Adena.  
MyChart.**

**Take Charge with MyChart**  
Manage your health care — anytime, anywhere.

**Sign up**

**ADENA  
HEALTH**

A promotional banner for MyChart. It features a red background with blue and white text and graphics. On the left, a blue hand icon points to a white folder icon containing a red heart. The text 'My Health. My Adena. MyChart.' is written in white on a blue banner. To the right, 'Take Charge with MyChart' is written in white on a blue banner, with the tagline 'Manage your health care — anytime, anywhere.' below it. A 'Sign up' button is also present. The Adena Health logo is in the bottom right corner.

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