

GUNDERSEN HEALTH SYSTEM

Office of Population Health

Emily Tracy



Exercise/ Meditation Classes

Created and led exercise and meditation classes for Gundersen employees. These classes were 25-30 minutes long and happened once a week.



Project Search

This is a program Gundersen has for individuals with a learning disability. I planned and taught interns in this program different health lessons weekly.



Heartmath and Mental Health

Helped teach classes about stress management, mental health, and resilience to a variety of populations.



Worksite Screens

Went to various companies around the region and performed health screens, which included BMI, cholesterol, and blood pressure. Then gave consults on results and ways to improve if needed.



Food Drive

Helped set up food drives at elementary schools in Onalaska and La Crosse. The outbreak of COVID-19 has impacted local families, which resulted in us doing more food drives than usual.



The Office of Population Health, La Crosse, WI

This department is a part of Gundersen Health System. The Office of Population Health has an emphasis on helping the community through ACEs, Trauma Informed Care, chronic disease prevention, homelessness, and opioids. This is done through many different programs put on throughout the community, as well as for employees.