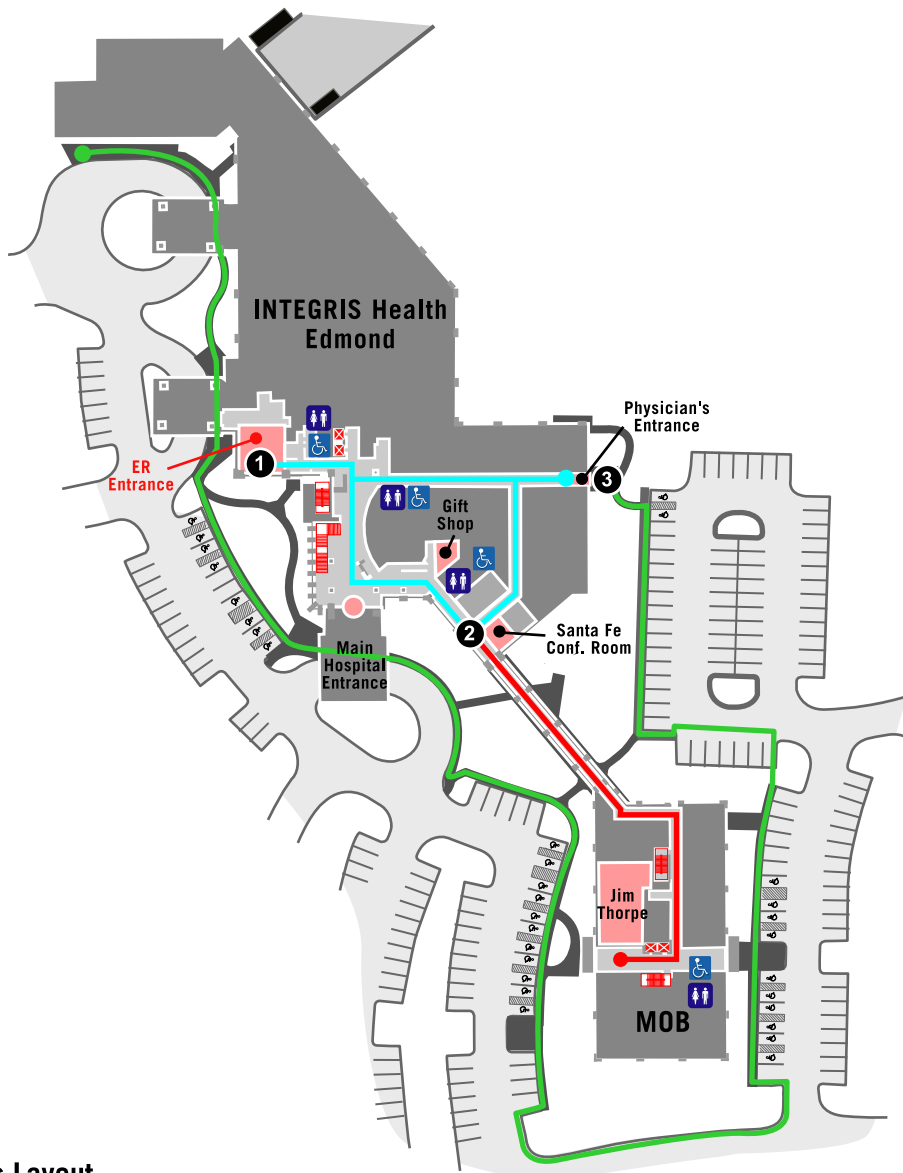




Walk Well

INTEGRIS
Health
EDMOND



1st Floor Campus Layout



You can start on any part of these routes. Your starting point is also your finishing point. Always keep to the right. Use the points as a marker to record your distance.

- ❶ ER Entrance
- ❷ Hallway to MOB or to Staff Area
- ❸ Physicians Entrance Door

Distance information: 5,280 FT = 1 Mile

- ❶ 601 Ft = 0.11 Miles 8.5 times = 1 Mile
- ❷ 662 Ft = 0.13 Miles 8.0 times = 1 Mile
- ❸ 3,532 Ft = 0.67 Miles 1.5 times = 1 Mile

Starting from Route #1 and following the path to the end of Route #2 and then back to Route #1, you will have walked 1,263 Ft = 0.24 Miles 4.5 times = 1 Mile.

- From ER Entrance/Route #1, go towards Main Hospital Entrance.
- Take a right and continue to the Main Hospital Entrance.
- Once at the Main Hospital Entrance turn left heading to the Gift Shop/ Executive Offices.
- Continue down hallway towards Route #2 and head to the MOB/Jim Thorpe.
- Once in the MOB turn right and walk until you reach the Elevators/Jim Thorpe Entrance.
- Turn around and head back to the Main Hospital/Route #2.
- Turn right and head towards the Physicians Entrance.
- Once at the Physicians Entrance head back to the ER Entrance.
- **Outside path:** Please use caution walking Route #3 when you enter the street at certain locations.

Contact us at INTEGRIS Employee Wellness:

405.951.2277 or toll free: 888.951.2277 or e-mail us at: employee wellness@integrisk.com