

Economic Benefits of Workplace Wellness

Employers are focusing their attention toward cost and healthcare utilization containment. Research has shown that preventable illness makes up 70% of total healthcare costs and the implementation of a health promotion program can significantly reduce those costs. A majority of these costs are related to poor health habits such as smoking, lack of exercise and diets rich in high fat foods. The average healthcare claim per employee is \$3000 and companies that have implemented a worksite health promotion program demonstrate a substantial reduction in the cost of these claims. Employers that participate in a health promotion program demonstrate better attendance at work, increased productivity and decreased turnover. All resulting in cost savings to the employer. In today's competitive, fast paced business environment a productive, efficient employee can be the company's greatest asset and often times will be the difference between profit and loss.

Appraising Your Company's Health

Employee Interest Survey

This interest survey encourages your employees to choose educational opportunities and physical activities that are of personal interest to them. Survey results can be helpful when identifying programs to implement at the worksite.

Free-includes interest survey/employee and results page

Personal Wellness Profile

By assessing the overall health of your employees our professionals can work to tailor strategies for improving the health of your employees. The Personal Wellness Profile (PWP) is an effective tool to assist in developing programs that will enhance personal health, increase productivity and help prevent major health problems. The PWP helps identify risks by assessing the following health factors:

Blood Pressure	Nutrition	Fitness
Body Composition	Tobacco	Stress
Coronary Risks	Cancer Risks	

Employees fill out a simple questionnaire. The data is computer analyzed and presented in an attractive personalized report. Recommendations are given to help motivate employees to adopt a new healthier life-style. Twenty page individual and 100 page group (company) reports are available.

Personal Wellness Profile Packages can include Body Composition Testing, Blood Pressure Screenings, Bone Density Measurements, Aerobic Step Tests, as well as Blood Lipid Profile. Prices range from \$15.00 - \$42.00 per employee. *Please call for a detailed price list.*

Health Screenings

Blood Pressure Screenings

Free with purchase of any additional service

Body Composition Analysis

\$10.00/Employee

Spinal Assessment

\$5.00/Employee

Grip Testing

Free with purchase of any additional service

Bone Density Testing

Mechanical measurement of the density of the heel to determine if you are at risk for osteoporosis.

\$10.00/Employee

Blood Profile Level 1

Total Cholesterol, Triglycerides, HDL/LDL, hemoglobin and glucose levels.

\$10.00/Employee

Blood Profile Level 2

Level 1 Blood Profile plus comprehensive metabolic panel

\$15.00/Employee

Blood Profile Level 3

Level 2 Blood Profile plus TSH and hemogram

\$20.00/Employee

Blood Profile Level 4

PSA test-men only

Instant Glucose or Cholesterol Screen

\$4.00/Employee

Bloodwork is sent to Covenant lab and results are reviewed by a Covenant physician. (5-7 day turn around). Please call for explanation of specific tests.

Nutrition Services

Our Registered Dietitians will create a weight loss program that will inspire your employees to improve their life-style habits and help shed unwanted pounds. Components of the program can include but are not limited to the following:

1 Hour Consultation

Meet with a company representative to discuss incentive programs and ways to create a healthier environment at work.

Food Diary & Calorie Counter Book

These tools can assist your employees in tracking their daily intake of calories & nutrition helping them to achieve their weight loss goals.

Professional Motivation & Support

Monthly and/or quarterly weigh-ins, lunch & learns, and/or screenings can be scheduled with our team of professionals to provide on-going support.

(Please call for pricing information)

Additional Wellness Programs

Grab 'n' Go Tables

Our team of professionals will come to your place of business to provide informational handouts and educate your employees on relevant health and wellness topics. Possible topics include but are not limited to:

Asthma Risk Assessment

Depression Self Test

Diabetes Risk Assessment

Memory Loss Quiz

Spinal Assessment

Stress Screening

Blood Pressure IQ Quiz

Cholesterol

Additional Topics available if requested

\$50/table per week

Smoking Cessation Classes

Smoking Tips

Class is 2 hours in length and a minimum of 6 people is needed to hold a class. Max. 10 people

\$50.00/group session

One on -One sessions

Sessions are 1/2 -1 hour in length and range from 1-2 weeks apart

\$50/person 4 sessions

\$35/person 2 sessions

\$25/person 1 session

Chair Massage at the Worksite

Professional massage enhances the function of joints and muscles, improves circulation and relieves mental and physical fatigue. Massage therapy offers a simple, but effective way to reduce stress, improve employee morale and increase productivity. Chair massage is provided by a licensed massage therapist. \$45/hour - maximum 2 hours per therapist

Ask about our Safety and Prevention Programs!

CPR, First Aid, Bloodborne Pathogens

Heat Stress, Back Care

Corporate Wellness

Membership Discount

also available!

Lunch & Learn Topics

Lunch 'n' Learn Seminars

These mini-seminars and programs can be used as presentations over the lunch hour, in-services or for employee committee meetings. Possible seminar topics include but are not limited to the following: \$50/hour

The Skinny on Weight Loss

A registered dietitian will review the key points for weight loss. This includes an overview of popular weight loss programs or trends such as low carb, low calorie or high protein.

Fat Facts

Registered dietitian will review the current good and bad types of fat and how these fats affect cholesterol weight and other health risks. Includes guidelines for selecting healthy eating habits.

Keeping the Joy in Eating

Learn how to keep flavor and fun foods in your diet. The newest diet guidelines allow a daily indulgence of fun; learn how to work this in with a registered dietitian.

What's your Real Age?

Fitness Specialist will provide you with an assessment to determine how your health habits are affecting you.

Metabolic rate, Exercise and Caloric

Expenditure.

Fitness Specialist will review what type of exercises can be helpful to stimulate metabolism to help you reach your weight loss goals.

Exercise 101

Fitness Specialist will review basic techniques and benefits of weight training and cardiovascular exercise.

Fitting in Family Fitness

Fitness Specialist will help you include children and spouses in your fitness plan.

Back Care

Wellness Specialist will review steps you can take to take care of your back to stay healthy and active.

Osteoporosis and Aging


Wellness specialist will review life-style factors that can help keep your bones healthy.

Diabetes At Work

Diabetes educator will provide employees with an overview of diabetes and treatments to help you keep the workplace healthy and safe for employees with diabetes.

Stress Management

Participants learn to recognize where stress comes from and how it affects them physically and emotionally. Stress management techniques can help individuals cope with everyday stresses.

 **Wheaton Franciscan Healthcare**
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wellness of mind, body and spirit

 **Occupational Medicine & Wellness**
Wheaton Franciscan Healthcare

Corporate Health and Wellness Programs

Developing Effective Health Promotion
Programs for your Employees that will
help you...

Reduce Employee Turnover
Reduce Absenteeism and Disability
Reduce Health Care Costs
Improve Productivity and Morale

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Leading the way in Corporate Health and Wellness