

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 (PWP)

By assessing the overall health of your employees our professionals can work to tailor strategies for improving the health of your employees. The 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.

Level One-	Includes PWP questionnaire, 20 page individual report and company summary \$20.00/Employee (<i>Wheaton Occ Med client</i>) \$25.00/Employee
Level Two-	Includes Level One plus BP, blood lipid profile and body comp test \$45.00/Employee (<i>Wheaton Occ Med client</i>) \$55.00/Employee

Health Screenings

Health Screening set up fees

less than 50 employees	\$50.00
50 or more employees	\$100.00

Blood Pressure Screenings

Free with purchase of any additional service or \$50.00/Hour

Body Composition Analysis

\$5.00/Employee (*Wheaton Occ Med client*)
\$10.00/Employee

Grip Testing

Free with purchase of any additional service or \$50.00/Hour

Bone Density Testing

Mechanical measurement of the density of the heel to determine if you are at risk for osteoporosis.
\$15.00/Employee

Blood Profile Level

Total Cholesterol, Triglycerides, HDL/LDL, hemoglobin and glucose levels.
\$15.00/Employee (*Wheaton Occ Med client*)
\$25.00/Employee

PSA test-men only additional \$10.00

Instant Glucose or Cholesterol Screen

\$5.00/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)

Ask about our Safety and Prevention Programs!

Possible topics include but are not limited to:

**CPR, First Aid, Bloodborne Pathogens
Heat Stress, Back Care**

**Corporate Wellness Membership
Discount also available!**

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 Exercise
Nutrition Stress Screening
Blood Pressure IQ Quiz Cholesterol
Additional Topics available if requested

\$50/table per week

Worksite Stretching Programs

Certified Personal Trainers are available to instruct worksite stretching programs whether it be a one time session or an on-going weekly program. Daily stretching can increase physical efficiency and performance of job duties, decrease risk of injury, decrease risk of low back and neck pain and reduce stress along with many other benefits.

\$25.00/Hour - (*Wheaton Occ Med client*)

\$40.00/Hour

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.

maximum 2 hours per therapist

\$50.00/hour - (*Wheaton Occ Med client*)

\$75.00/hour

Weight Loss Incentive Programs

Obesity in the workplace IS a big problem. It is a growing problem with repercussions that have the potential to take some companies by surprise over the next few years. The impact on the workplace goes above and beyond the impact on the individuals involved and may be a major factor in future medical plan design and cost. A primary benefit of reducing obesity in the workplace is having happier and healthier employees. A secondary benefit is that happier and healthier employees are more productive and take less time off because of illness related to problems caused by being overweight. Employers can play an important part in providing a healthy work environment and offsetting or reducing the financial burden to the workplace resulting from this dramatic rise in obesity.

Weight Loss incentive programs designed by Wellness Services can be catered to your company's specific needs. Price is based on your specific program. Please call 319/272.2313 for a free consultation and to discuss your company's weight management needs.

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:

\$60.00/Hour (Wheaton Occ Med client)

\$75.00/Hour

Smart Eating for Weight Management

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/Cholesterol 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.

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.

More Strength /More Energy

Participants will learn the benefits, misconceptions and physiology of strength training and how it relates to increased energy..

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

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.

More Will Power and Patience

Losing weight is hard, hitting a plateau is even harder. Participants will learn how to focus on their own willpower to overcome plateaus.

**Wheaton Occ Med client-some discounts apply for companies who are exclusive to Occupational Medicine and Wellness-Wheaton Franciscan Healthcare
Please call 319/575.5610 for details**



Wheaton Franciscan Healthcare
 3421 West Ninth Street
 Waterloo, Iowa 50702

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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**

Wellness Services
 Kimball Ridge Center
 2101 Kimball Avenue
 Waterloo, Iowa 50702

Wellness Services
 Sartori Memorial Hospital
 515 College Street
 Cedar Falls, Iowa 50613

For More Information About Corporate Health and Wellness Programs Contact:

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Keeping your Workplace Safe and Employees Healthy
Leading the Way in Corporate Health and Wellness