Developing effective health promotion programs that will help keep your workplace safe and employees healthy!

Your key to:

- Reducing Employee Turnover
- Reducing Absenteeism and Disability
- Reducing Health Care Costs
- Improving Productivity and Morale

Expires June 30, 2015

Wellness Services
Wheaton Franciscan Healthcare

Occupational Medicine & Wellness
Wheaton Franciscan Healthcare
Economic Benefits of Workplace Wellness
Employers are focusing their attention toward cost and health care utilization containment. Research has shown that preventable illness makes up 70% of total health care costs and the implementation of a health promotion program can significantly reduce those costs. A majority of these costs is related to poor health habits such as smoking, lack of exercise and diets rich in high fat foods. The average health care claim per employee is $3,000 and companies that have implemented a work site 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 work site.
Free – includes interest survey/employee and results page

Health Risk Assessment (HRA)
By assessing the overall health of your employees our professionals can work to tailor strategies for improving the health of your employees. The Wellsource® HRA – The Personal Wellness ProfileTM (PWP) Advantage – is one of the most comprehensive, customizable, and scientifically-based health assessments on the market. The Wellsource HRA is unsurpassed in its ability to reflect the unique needs of your organization. Based on 30 years of experience, the Wellsource health risk appraisal gives you the power to assess risk, target specific groups, track progress, and evaluate cost-benefit. The HRA helps identify risks by assessing the following health factors:
- Blood Pressure
- Body Composition
- Coronary Risks
- Nutrition
- Tobacco
- Stress
- Cancer Risks

Employees fill out a simple questionnaire available in both online and paper formats. The data is computer analyzed and presented in an attractive personalized report. Recommendations are given to help motivate employees to adopt a new healthier lifestyle. Individual and group (company) reports are available.

Level One
- HRA Questionnaire
- Company Summary Fee $35.00/employee Wheaton Occ Med Discount $30.00/employee
- Individual Report

Level Two
- HRA Questionnaire
- Company Summary
- Blood Lipid Profile
- Body Composition Test/Waist Measurement Fee $75.00/employee Wheaton Occ Med Discount $55.00/employee
- Individual Report
- Blood Pressure

Health Screenings
Health Screening Set Up Fees
- Less than 50 employees $50.00
- 50 or more employees $100.00 Wheaton Occ Med Discount No Charge

Blood Pressure Screenings $50.00/hour FREE with purchase of any additional service.

Body Composition Analysis Fee $10.00/employee Wheaton Occ Med Discount $5.00/employee

Grip Testing $50.00/hour FREE with purchase of any additional service.

Bone Density Testing $15.00/employee Mechanical measurement of the density of the heel to determine if you are at risk for osteoporosis.

Blood Profile Level
Total Cholesterol, Triglycerides, HDL/LDL and Glucose Levels Fee $35.00/employee Wheaton Occ Med Discount $25.00/employee
PSA Test (Men Only) Additional $15.00/employee TSH Test Additional $15.00/employee

Instant Glucose or Cholesterol Screen $10.00/employee

Blood work is sent to Covenant Medical Center lab and results are reviewed by a Covenant physician (5 to 7 day turnaround time). 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 lifestyle 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 and Calorie Counter Book These tools can assist your employees in tracking their daily intake of calories and nutrition helping them to achieve their weight loss goals.

Professional Motivation and Support Monthly and/or quarterly weigh-ins, lunch and learns, and/or screenings can be scheduled with our team of professionals to provide ongoing support. (Please call for pricing information.)

Corporate Wellness Membership Discount
10% discount off Wellness Services membership Six or more employees are required from each company to qualify for discount.
Additional Wellness Programs
Grab 'n Go Tables $50.00/table per week
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
- Diabetes Risk Assessment
- Nutrition
- Blood Pressure IQ Quiz
- Depression Self Test
- Exercise
- Stress Screening
- Cholesterol
Additional topics available upon request.

Work Site Stretching Programs
Certified Personal Trainers are available to instruct work site stretching programs whether it be a one time session or an ongoing 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.

Fee $35.00/hour
Wheaton Occ Med Discount $30.00/hour

Chair Massage at the Work Site
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)

Fee $85.00/hour
Wheaton Occ Med Discount $65.00/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 lowering chronic illness risk such as heart disease, stroke and diabetes. Obesity is known as the gateway to other chronic illnesses which are preventable. A secondary benefit is having happier and healthier employees who 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 tailored to your company's specific needs. Cost is based on your specific program. Please call 319.272.2313 for a free consultation and to discuss your company's weight management needs.

Health & Well-Being Educational Session Topics
These mini seminars and programs can be used as presentations over the lunch hour, inservices or for employee staff meetings.

Fee $85.00/session
Wheaton Occ Med Client $65.00/session

Possible session topics include, but are not limited to the following:

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
A 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?
A fitness specialist will provide you with an assessment to determine how your health habits are affecting you.

Metabolic Rate, Exercise and Caloric Expenditure
A 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 they relate to increased energy.

Fitting in Family Fitness
A fitness specialist will help you include children and spouses in your fitness plan.

Back Care
A wellness specialist will review steps you can take to take care of your back to stay healthy and active.

Osteoporosis
A wellness specialist will review lifestyle factors that can help keep your bones healthy.

Diabetes at Work
A diabetes educator will provide employees with an overview of diabetes and treatments to help you keep the workplace health 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 every day 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.

Additional Health and Well-Being Educational Session Topics on Chronic Health Issues such as:
- Heart Disease and Stroke
- Dermatology
- Emotional Health
- Gastroenterology
- Neurology
- Cancer Prevention
- Osteoporosis
- Allergies/Asthma
- Women's Health
- Children's Health
Disease Management Services
Disease Management Workplace Program
The Occupational Medicine Clinic and Wellness Services’ disease management program is designed to improve employees' awareness of their personal health and take the necessary steps to live healthier and prevent future medical concerns.

Nurse Health Coach Service
Our on-site Nurse Health Coaches will provide one-on-one health coaching, develop individual health plans and offer valuable education about positive health changes your employees can make in every day life.

The services provided by an on-site registered nurse include:
- Follow-up blood pressure checks
- Instant cholesterol and glucose checks
- Follow-up weight, body fat percentage and body mass index checks, waist measurement
- Address personal health questions
- Administer immunizations
- Smoking cessation education
- Advise on individual preventative screening guidelines
- Assistance with obtaining a primary care provider
- Bone density screening
- Follow-up with identified health issues on an individual’s health risk assessment (HRA) and health screenings
- Referral source for nutrition counseling, exercise management and speciality physicians.

Fee Schedule
Health Screenings..............................................$45.00/person
This is a reduced price when committing to the yearly on-site disease management program. Please see Level Two PWP for regular price for same service.
Recommended prior to health coach services
Includes:
- Health Risk Assessment (HRA) and individual report
- Biometric Testing (blood lipid panel and glucose)
- Blood Pressure Testing
- Body Composition Test/Waist Measurement

On-Site Disease Management Yearly Program
$20.00 per session, per employee, Includes:
- 6 hours on-site Nurse Health Coaching divided into 12 monthly sessions
- Unlimited follow-up phone calls/e-mails
- Follow-up biometric, BP and body fat % values
- Items listed above, if needed

Company Value
- End-of-year tracking
- HRA company report
- Lower Health Care Claims
- Improve Well-being and Employee Morale

Eligibility is determined by the company.

Walk-In Wellness Lab Screenings
Creating a Culture of Health and Well Being
The Occupational Medicine & Wellness Disease Management Program is offering the opportunity to assess employees’ health through walk-in blood profile screenings. This is an easy way to help your employees become more accountable for their own health by periodically testing Wellness Lab Screens.

Each employer must set up an account prior to offering Walk-In Wellness Lab Screenings to employees. Walk-In Wellness Lab Screenings is a great complementary service to workplace on-site annual health screenings.

Benefits for employees:
- Convenient
- Low Cost
- Confidential

Benefits for employers:
- No Cost
- Healthier Employees
- Lower Health Care Costs and Insurance Rates

Personal health insurance will not be filed.

Healthy Heart Wellness ............................................$10.00
10-12 hour fast required
- Total Cholesterol
- LDL (bad cholesterol)
- Triglycerides
- Glucose

Hematology Wellness ............................................$8.00
No fasting required
- White Blood Cell Count
- Hemoglobin
- Platelet Count

Complete Chemistry Wellness .................................$15.00
10-12 hour fast required
- Total Cholesterol
- LDL (bad cholesterol)
- HDL (good cholesterol)
- Triglycerides
- Glucose
- Creatinine (Kidney Function)
- Calcium (Osteoporosis)
- AST (Liver Function)
- Iron

PSA (Prostate Specific Antigen)..................................$15.00
No fasting required
- PSA is recommended for males over 50 years of age

Thyroid Wellness..................................................$15.00
No fasting required
- TSH (Thyroid Stimulating Hormone)
- Detects hypothyroidism and hyperthyroidism and Grave's Disease

Hemoglobin A1c(HbA1c).........................................$15.00
No fasting required
- HbA1c is a lab test that shows the average level of blood sugar (glucose) over the previous 3 months.

Results will be sent to a Nurse Health Coach who will contact the employee to discuss the results and further treatment recommendations. A copy of the results will then be mailed to the employee and also to the employee's primary care provider with written release.

Call for information on how your company can get started.
Safety and Prevention Programs

CPR Classes

Heartsaver CPR with AED ........................................ $38.00/employee
This course teaches the basic techniques of adult ONLY or adult, child and infant CPR and how to use an AED. Students also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction.

Intended Audience:
Responders such as police, airline personnel, security personnel, corporate employees, family members of patients at high risk for sudden cardiac death, other rescuers, and those who need or want to learn CPR and how to operate an AED.

BLS for Healthcare Providers CPR ...................... $40.00/employee
The BLS for Healthcare Providers CPR course teaches CPR skills to be used on victims of all ages, the use of an automated external defibrillator (AED), and the relief of a foreign-body airway obstruction (FBAO). This course also includes instruction on ventilation with a barrier device, and a bag-valve-mask device.

Intended Audience:
Healthcare Provider is designed for those who provide health care to patients in a wide variety of settings, including in and out of hospital settings. These health care providers may include (but are not limited to) physicians, nurses, paramedics, emergency medical technicians, respiratory therapists, physical and occupational therapists, physician assistants, residents or fellows, medical or nursing assistants or students in training, aides, and other allied health professionals.

Group Bloodborne Pathogens and First Aid Class................................. $50.00/class
Free with Heartsaver CPR with AED or BLS for Healthcare Provider CPR courses.

Monthly Pre-Scheduled CPR Classes Available
- Contact Merriam Lake at 319.272.2284 for more information or to register.
- Perfect for companies that don’t have the minimum requirement for an on-site class.

Also available upon request:

- Eye Safety
- Fall Prevention
- Respiratory Protection
- Hearing Safety
- Foot and Hand Protection
- Flu Guidelines and Precautions
- Immunizations

Freedom From Smoking® Class

Freedom From Smoking®, created by the American Lung Association, teaches proven techniques and offers personal support to help your employees quit for good. Behavior change is a process. By helping smokers develop a plan of action leading up to quit day and providing the support they need to remain smoke free, this time honored program maximizes the chances of success. People who use the program are six times more likely to be smoke-free one year later than those who try to quit on their own.

Class includes: Eight 90-minute sessions over 7 weeks, participant booklet and relaxation CD.

Class is taught by Freedom From Smoking® instructors.

Minimum of 5 participants required.

Cost: $18.75 per session per person, all 8 sessions required.

Some discounts apply for Occ Med Clients when their company works exclusively with Wheaton Franciscan Healthcare Occupational Medicine and Wellness. Call 319.272.2380 for details.
For more information about Corporate Wellness Disease Management Programs, contact:

**Wellness Services**
Wheaton Franciscan Healthcare
Merriam Lake
Health Promotion Facilitator
Wellness Services
319.272.2284
merriam.lake@wfhc.org

**Occupational Medicine & Wellness**
Wheaton Franciscan Healthcare
Stacie Dudden, RN
Certified Nurse Health Coach
Occupational Medicine and Wellness
319.272.2415
stacie.dudden@wfhc.org

Tammy Hamilton, RN
Certified Nurse Health Coach
Occupational Medicine and Wellness
319.272.2414
tammy.hamilton@wfhc.org

For more information about Occupational Medicine & Wellness, contact:

**Occupational Medicine & Wellness**
Wheaton Franciscan Healthcare
Sharon McRae, RN
Manager, Convenient Care and Occupational Medicine & Wellness
319.575.5603
sharon.mcrae@wfhc.org

- Worker Injury Treatment
- Employment Testing
- Drug and Alcohol Testing
- Immunizations/Travel Medicine
- Evening and Weekend Hours
- Discount for Corporate Wellness/Disease Management

Notes