

Services Offered at the Worksite

Health Risk Assessments (HRA)

Health Assessment, Health Fair Panel & Blood Pressure

The HRA, a *Personal Wellness Profile*, is a measurement of one's current health status. It encourages individuals' awareness of health needs and lifestyle practices that determine personal well-being. The *Personal Wellness Profile* can be combined with a blood chemistry panel and blood pressure to help participants evaluate their current lifestyle and learn where to make improvements. The Health Fair Panel includes measurements of cholesterol, HDL, LDL, triglycerides, cardiac risk ratio, iron, thyroid, glucose, along with several kidney, liver and muscle enzymes.

A 3-page *Personal Wellness Profile* gives an overview of key wellness indicators linked to good health. The participants' current status is presented graphically on a wellness scale from "caution" to "excellent." Recommendations and health improvement suggestions are given throughout the report.

Executive Summary & Economic Impact Report

This is a confidential summary of your employees' HRA results which outlines your company's overall health risks. It will enable us to assist you in developing cost effective Wellness programs that have the greatest impact on your employees. The Economic Impact Report summarizes the prevalence of health risks in your organization linked to increased costs and shows potential savings by improving the health status of your employees.

Additional Screenings

Prostate Specific Antigen (PSA) Blood Screening

This is an optional blood screening for men to detect prostate cancer. Annual prostate blood screenings are recommended for all men age 50 and 40 and over if a positive family history of prostate cancer.

Complete Blood Count (CBC)

The CBC evaluates the red and white blood cells in the blood. It can help diagnose illness/disease for people with signs/symptoms and monitor treatment of many diseases including anemia and leukemia.

Bone Density Screening

Osteoporosis is a disease that causes your bones to gradually weaken and become fragile. With the help of low-cost ultrasound screenings, we are able to determine the risk of osteoporosis. Early detection is the key to prevent and treat osteoporosis. This screening is for both men and women.

Body Composition Screening

This test measures body fat using bio-impedance. Body fat measurement is important when assessing nutritional status and level of general fitness. Body fat measurements are recognized as superior methods for measuring "weight loss."

Drug Screenings

Worksite Wellness provides on-site DOT or Non-DOT Drug Screens at your company. Depending upon your worksite need, urine and/or saliva screenings can be done. We provide a quick, efficient and friendly process to get the screenings done at your business so employees can get back to work in a timely manner.

Educational

Health Fair Screenings

These screenings are designed to give a more complete picture of one's health. Risk factors can be identified through these screening services and employers can put intervention programs into place.

These Screenings Include:

- Hearing Screening
- Vision Screening
- Blood Pressure Screening
- Pulmonary Function Testing



Health Fair Exhibits

Health Fairs are offered on-site at area employers, generally in combination with the Blood Chemistry Panel and Health Risk Assessment. Educational programming can be tailored to your company's wellness needs. Any of the screenings can be included with the health fair.

Please call for a list of available topics.

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Certifications

Heartsaver CPR & AED

This is a two-year certification through the American Heart Association.

This class covers cardiopulmonary resuscitation with the use of an Automated External Defibrillator (AED) and choking for adults, children and infants. This class is designed for businesses or organizations in the community who will have access to an AED. Fee includes certification, required book and one completion card.



Heartsaver First Aid

This is a two year certification program through the American Heart Association. This First Aid class provides participants with an understanding of first aid basics, medical emergencies, injury emergencies, & environmental emergencies. Fee includes certification, required book and one completion card.

Heartsaver CPR , AED and First Aid

This six hour course includes both CPR and AED for adults, children and infants and First Aid. Both courses provide a two year certification good through the American Heart Association. Fee includes certification, required book and one completion card.

Health Care Provider CPR

This is a two year certification through the American Heart Association. This class covers cardiopulmonary resuscitation with the use of an Automated External Defibrillator (AED), choking for adults, children and infants, and advanced airway management. This class is designed for those working in a healthcare setting. Fee includes certification, required book and one completion card.

Classes

Lunch 'n Learns

Group presentations are offered on-site to increase awareness and knowledge of health topics. Presentations cover a wide range of topics, contact Worksite Wellness for a complete list.

Yoga

Worksite Wellness offers yoga classes on-site tailored to your worksite needs. Classes are taught by a certified yoga instructor in a nurturing environment with lots of patience. Classes are for students of all abilities and anyone looking to improve their range of motion, flexibility and increase relaxation.

Immunizations

Flu Shots

Flu Shots are recommended annually for everyone, but especially for those with chronic health conditions and those over the age of 50. Worksite Wellness offers on-site flu shot clinics which are scheduled at your company's convenience. Employees who are immunized take 42% fewer days of sick leave from work.

Pneumonia

Pneumococcal disease is a serious disease that can cause sickness and death. Anyone can get pneumococcal disease. However, some people are at greater risk from the disease. These include people 65 and older, the very young, and individuals with health problems such as smoking, alcoholism, heart or lung disease, kidney failure, diabetes, HIV infection and cancer.

Tetanus & Diphtheria (Td)

Tetanus and diphtheria are serious conditions. Tetanus is caused by bacteria that enters the body through a cut or wound. Diphtheria spreads from an infected person to the nose or throat of others. Both can be fatal. The Td vaccine is recommended every ten years.

Tdap (Tetanus/Diphtheria/Whooping Cough)

One dose is recommended for everyone between the ages of 18 and 65. By receiving this vaccine you protect the little ones in your life, as well as yourself, from whooping cough. A tetanus vaccine is recommended every ten years, it is recommended to receive a Tdap vaccine in its place once before the age of 65.

We would be happy to hear from you. Please call Worksite Wellness to set up a company wellness event, for programming ideas, or pricing information.

North Colorado Medical Center (Greeley)

Call 970.378.4772

[www. BannerHealth.com/NCMCWorksiteWellness](http://www.BannerHealth.com/NCMCWorksiteWellness)