



active lifestyles
healthy living



Banner Health®

Northern Colorado Worksite Wellness Services

Worksite Wellness Packages:

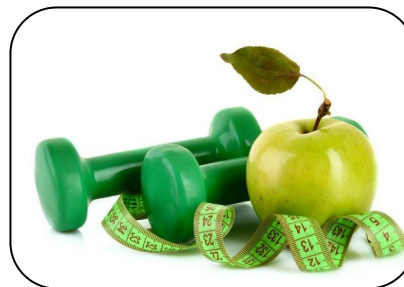
- Blood Pressure | Health Fair Panel* | Health Risk Assessment | Biometrics | Health Coaching
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- Blood Pressure | Health Fair Panel*

*Health Fair Panel includes: cholesterol panel (HDL, LDL, total cholesterol, triglycerides), glucose, liver, kidney and heart function, gout, iron, thyroid function and electrolytes

Online Portal—Health Risk Assessment, Education, Wellness Programs, Executive Reports

Biometrics:

- Height & Weight
- Hip to Waist Ratio
- Body Fat Percentage
- Body Mass Index (BMI)
- Flexibility
- 2-Minute Step Test
- 1-Minute Push-Up Test
- 1-Minute Sit-Up Test
- Blood Pressure



Health Screenings:

- Blood Tests
- Metabolism Screening
- Drug Screening
- Hearing Screening
- Vision Screening
- Lung Function Screening
- Mask Fits
- Cotinine Screening (for Nicotine detection)

To set up a company event, or for programming and pricing information, please call
Roxane Conant, Worksite Wellness Sr. Manager

Phone: 970-810-2680 | Email: roxane.conant@bannerhealth.com



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Wellness Programs:

- Weigh and Win
- Taste the Rainbow
- Couch to 5K
- Hold for the Holidays
- Walking Challenge
- * **Customize your own!**



Education:

- Wellness Presentations:
 - Mindful Eating
 - Pursuit of Health
 - Cooking Classes
 - Stress Management
- Smoking Cessation
- Health Coaching
- Nurse Consultations
- * **Call for a complete list**



Health Fair Exhibits:

- Aromatherapy
- Sitting is the New Smoking
- Healthy Snacking
- Digital Toxicity
- Staying Well
- The Benefits of Tea
- * **Call for a complete list**

Certifications:

- AHA Heartsaver CPR & AED
- AHA Heartsaver First-Aid
- AHA BLS for Healthcare Providers

Immunizations:

- Flu Vaccine (Quadrivalent)
- Tdap Vaccine
- Hepatitis B
- TB Screenings



Fitness:

- Stretch Breaks
- Fitness Classes
- Walking Group
- Yoga
- Personal Training

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