

WELLNESS SERVICES

Heart disease and stroke are the major causes of death in Michigan. Lifestyle habits contribute to more than half of these deaths. Eight out of 10 Michigan adults have one or more cardiovascular disease risk factors. Comprehensive worksite wellness first programs save lives and health care dollars while improving productivity and morale.

Service	Description
EVENT SCREENINGS	

<p>Blood Pressure Screening</p> <p>Approximately 25 percent of the population is at risk with untreated high blood pressure and many are unaware of the danger. Persons who know their risks are much more likely to get medical care and begin lifestyle risk reduction.</p>	<ul style="list-style-type: none"> • Blood pressure and pulse (rate and regularity)
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<p>Non-fasting Heart Health Screening</p> <p>A simple screening that looks at the full range of key risk factors is a good way to help people understand and manage their risks for heart disease and diabetes.</p>	<ul style="list-style-type: none"> • Blood pressure and pulse (rate and regularity) • Total cholesterol (TC) • TC/HDL (good cholesterol) ratio • Blood sugar (glucose) • Self-reported lifestyle risks and medical/family history
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EMPLOYEE HEALTH MANAGEMENT

All health management programs include aggregate reports, consultation and assistance in coordination of wellness programs with other prevention services and benefits, and workplace design that contribute to healthier employees and reduced health care costs.

<p>Fasting Heart Health Screening</p> <p>Fasting procedures provide additional risk data and enhance the opportunities for identification and reduction of risk for heart disease, diabetes and other conditions.</p>	<ul style="list-style-type: none"> • Blood pressure and pulse (rate and regularity) • Total cholesterol (TC) • HDL (good cholesterol) • LDL (bad cholesterol) • TC/HDL ratio • Triglycerides • Blood sugar (glucose) • Height, weight, body mass index and waist-to-hip ratio • Self-reported lifestyle risks and medical/family history related to heart disease and diabetes • Referrals to healthcare & community resources as appropriate
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<p>Comprehensive Health Risk Appraisal – Personal Wellness Profile</p> <p>The more comprehensive the screening, the greater the opportunity for identifying wellness goals that will impact risk factor levels of the participants.</p>	<ul style="list-style-type: none"> • Blood pressure and pulse (rate and regularity) • Height, weight, body mass index and waist-to-hip ratio • Total cholesterol (TC) • HDL (good cholesterol) • LDL (bad cholesterol) • TC/HDL ratio • Triglycerides • Blood sugar (glucose) • Cardiovascular fitness • Comprehensive lifestyle questionnaire (includes stress, substance/medication use, safety, sleep and other important wellness indicators) • Referrals to healthcare & community resources as appropriate
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<p>Risk Reduction Intervention and Wellness Coaching</p> <p>Research shows that this information, combined with follow-up coaching based on risk stratification, will increase participation in wellness programs and net improvements of up to 88 percent by year three for high-risk populations. Low risk participants yield up to a 66 percent risk improvement.</p>	<p>Bronson ProHealth Wellness team works one-on-one with each employee to help him/her:</p> <ul style="list-style-type: none"> • Understand his/her risk factors • Learn how to improve risk factors • Set up personal goals • Tap into personal strengths and healthcare resources for achieving wellness goals
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WELLNESS SERVICES (CONTINUED)

Service	Description
<hr/> OTHER RISK REDUCTION PROGRAMS <hr/>	
Choose To Be Tobacco Free Tobacco use contributes to an annual 15-20 percent increase in medical costs for each employee. Choose To Be Tobacco Free is a six-session course based on readiness for change and best practice models for assisting individuals to quit for good. Participants are tracked for one year (months one, 6 and 12) to provide support and document success.	Course helps individuals quit smoking for good!
Customized Risk Reduction Programs Programs in nutrition, weight management, physical fitness and stress management are available. They are designed to fit any worksite environment and budget.	Select from nutrition, weight management, physical fitness and stress management programs. Wellness coaching and follow-up are available.