



Wellness Service Menu 2017

Wellness Service	Description	Participation Requirements	How Charged
Biometric Screenings			
Basic	Basic on-site screenings include the following: <ul style="list-style-type: none"> • Total Cholesterol • Glucose • Blood Pressure • Body Composition • Pulse • Height/Weight/BMI • Health Counseling 	30 participants minimum	Per Person
Advanced Note: Tests such as bone density, skin cancer screenings, A1c's, microalbumin, additional labs, etc. may be available. Call for details	Includes the above plus: <ul style="list-style-type: none"> • HDL • LDL • Triglycerides • Risk Ratio 	30 participants minimum	Per Person
Fitness Testing			
Testing such as body composition, BP, BMI, waist:hip ratio and peak flow can also be added.	Can be done as a separate service or added to above screenings. Includes tests for: <ul style="list-style-type: none"> • Aerobic Capacity • Muscle Strength • Muscle Endurance • Flexibility • Grip Strength 	30 participants minimum	Per Person

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Health Risk Assessment (HRA)			
Paper-Based	Results are scanned and a 14-page personal wellness report is provided to each participant. Includes recommendations for improvement.	20 participants minimum	Per Person
Web-Based	On-line HRA with a secure, personal wellness web-portal. Can be customized and branded. Tablet and smart-phone compatible.	20 participants minimum	Per Person
Reporting			
-Individual -Organizational -Utilization -ROI -Risk Stratification -Physician Summary	All reporting is provided free with HRA service. HIPAA, ACA and GINA compliant. Numerous reports available: <ul style="list-style-type: none"> • 14-Page Individual • Group Progress • Group Risk • ROI Modeling • Physician Summary • Custom Reporting 	30 Participants minimum required for aggregate reports. Each participant will receive an individual report however. Admin receive s reports that identify risks of their population and suggested next steps.	Included with all HRA's, wellness challenges and health coaching programs.
Health Education			
On-Site	Can include classes, "lunch and learns" and/or safety trainings. Also includes digital content for employees unable to attend or working in remote locations. Smoking cessation and disease management topics are also available	No minimum or maximum	Per Event
Health Coaching Sessions are 15 mins each.	Individual counseling via telephone, email or our exclusive web-platform. Virtual support groups, assigned tasks, self-management and more interventions are possible.	None	Per Person

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Wellness Challenges			
Web/Mobile App Programs. Digital Health.	Custom wellness and safety challenges in multiple languages sent to all mobile devices. Activity, nutrition and well-being challenges as well as virtual scavenger hunts. Check both safety and wellness needs with a single tool! Integrates with wearable tech too. Call for demo.	20 Minimum	Per Person
Custom On Site Programs	Programs such as fat-loss, "Wellness Minute to Win It", Office Olympics, walking challenge with custom mapping and many more are available. Please call for options and pricing.	20 Minimum	Per Person
On-Site Flu Vaccinations			
Other Vaccines May be Available. Call for Details.	Includes: <ul style="list-style-type: none"> • Nursing Staff • CDC Documentation • Marketing Materials & Support • Notice to PCP is possible with consent. 	30 Participants	Per Person
Bone Density Testing			
G.E. Achilles Ultrasonometer	Includes <ul style="list-style-type: none"> • Review & Copy of Results by RN • Health Education 	20 Participants	Per Person

Prices Subject to Change.

Additional Services are Available, Please Call for Details.

(661) 716-7118 or Email: sean@advancedcarewellness.net