



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.	Per Person
Health Education			
On-Site	Can include classes, “lunch and learns” , safety trainings and disease management. Also includes digital content for employees unable to attend or working in remote locations.	No minimum or maximum	Per Event
Health Coaching Sessions are 15 mins each.	Individual counseling via telephone, secure web and email. A great supplement to health screening follow ups!	None	Per Person

Wellness Service	Description	Participation Requirements	How Charged
Wellness Challenges			
Walking Challenge	Includes pedometers, custom mapping, walking logs, all documentation and marketing materials.	20 Minimum	Per Person
Calorie Challenge	6 week activity program. Includes all tracking, marketing and support materials	20 Minimum	Per Person
Custom Programs	Programs such as fat-loss, "Wellness Minute to Win It", Office Olympics and many more are available. Please call for options and pricing.	20 Minimum	
Mobile Device Challenges	Choose from over 40 challenges on nutrition, physical activity, stress reduction, well-being, financial fitness and more. We can also create custom challenges for your group and integrate specific goals, safety compliance, etc. Challenges can be viewed on mobile devices, can be individual or team based, have custom milestones and more. Activity challenges can also integrate with wearable technology such as FitBit®, GoogleFit and more! The sky is the limit on customization!	Varies	Per Eligible
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