



INTRODUCES

Preventative Screenings For Your Business

UNDERSTANDING YOUR SCREENING OPTIONS

A Brochure by Wellworks For You

When considering a corporate wellness plan, it's important to implement practices that are both well-received by employees and result in reduced healthcare costs for your business. **Onsite preventative screenings are a great way to begin rolling out your comprehensive wellness plan!** Preventative screenings quickly bring employee health problems to light, and employees will be able to focus on their individual primary health concerns from the start of the program.



Corporate wellness plans as a whole are designed to **decrease economic losses, diminish workers' compensation costs**, and even **reduce overall healthcare costs** by encouraging employees to live healthier lives. Active participation is integral to the success of such plans and can be supported through onsite preventative healthcare screenings. Employees who have access to wellness programs while at work are more likely to take an active interest in their health. Studies have shown that employees pursuing a healthier lifestyle are **more productive** at work and have **higher job satisfaction**.

Biometric Screenings

A Comprehensive Option For Onsite Preventative Care

Onsite preventative screenings can be incredibly beneficial when addressing employee wellness. They not only incentivize active employee participation, but they also reduce long-term healthcare costs. As you consider your options for a corporate wellness plan, it may be helpful to review the different types of preventative screenings available.



Biometric Screenings, which refer to a measurement of physical characteristics, are a popular choice for onsite preventative screenings. During biometric screenings, health is measured according to the following characteristics:

Height, Weight, Waist Circumference, Body Mass Index. Usually the first measurements taken during a comprehensive biometric screening, height, weight, waist circumference, and body mass index will determine whether or not an individual is at a healthy weight. Employees who qualify as overweight according to biometric measurements can take steps to address the problem and set goals for improving health.

Blood Pressure. High blood pressure, or hypertension, is linked to heart disease and stroke. Consequently, blood pressure readings are imperative to measuring employee health. Individuals with hypertension may receive dietary and fitness recommendations to improve high blood pressure readings.

Blood Cholesterol. Blood cholesterol readings are generally measured through a fingerstick test, but can also be completed via venipuncture, which allows health professionals to measure cholesterol levels in the blood. Most tests offer a reading of total cholesterol, HDL (high-density lipoprotein), LDL (low-density lipoprotein), and TC/HDL (total cholesterol/HDL) ratio. Individuals who have high cholesterol readings may be advised to make dietary changes, as high cholesterol can be linked to various health problems.

Triglycerides. Triglyceride levels are measured through a blood test to determine individual risk for heart attack or stroke. Certain dietary changes can reduce individual triglyceride levels.

Blood Glucose. Glucose is vital to the body's circulatory system. While low blood glucose can lead to lethargy, irritability, impaired mental function, and even death, long-term high blood glucose levels may lead to diabetes. Ensuring proper blood glucose function is critical to overall health.

Body Fat Percentage. A body fat percentage test calculates the amount of fat throughout the body. This measurement indicates whether individuals should make changes to their diet or exercise routine.

Because biometric screenings address such a wide variety of health indicators, they are an incredibly popular option for corporate wellness plans. Based on biometric screening results, employee wellness can be tracked for progress over time. Offering biometric screenings onsite is a good way to help employees understand their overall health and make changes accordingly.

Benefits Of Preventative Screenings

How Preventative Healthcare Supports Companies And Employees

Corporate wellness plans are growing rapidly due to the positive influence they have on employee wellness. Similarly, wellness plans offer strong return on investment (ROI) for businesses; the financial gains reaped through employee wellness outweigh the expenditures of a corporate wellness program. Employers who take a vested interest in the health of their employees are able to experience a wide variety of benefits, ranging from increased productivity to reduced healthcare costs. If your company is considering preventative health screenings as part of a comprehensive wellness plan, it may be helpful to understand the overarching benefits.



Benefits For Employees:

- *Increased awareness and education regarding specific health measurements*
- *Assessment of potential health problems*
- *Potential for medical advice following screening*
- *Convenient location with no interruption of work schedule*
- *Disease prevention*
- *Reduced financial barriers*

Benefits For Employers:

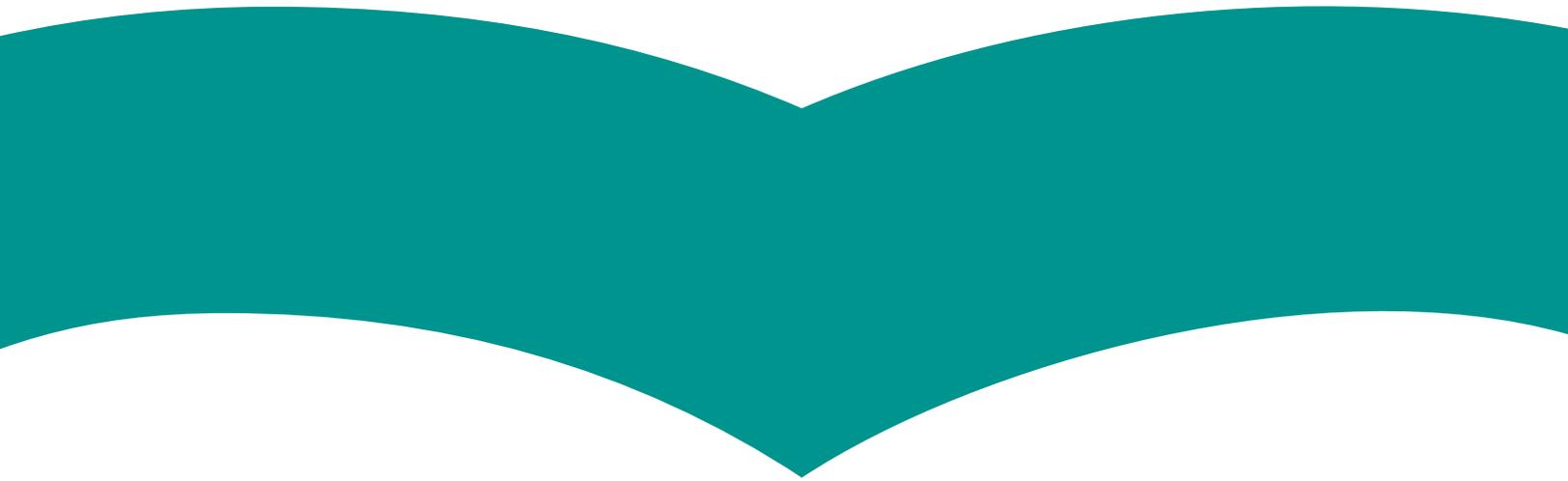
- *Increased productivity*
- *Reduced healthcare costs*
- *Positive work environment*
- *Ability to reward hardworking employees with proper healthcare*
- *Employee job satisfaction and loyalty*

Preventative Health Screenings Through Wellworks For You

Wellworks For You offers preventative health screenings and other wellness services through our comprehensive corporate wellness plans. Our mission is to help employers design and implement complete wellness programs to encourage employee health and productivity and contribute to a supportive work environment.



If your company is considering a corporate wellness plan that includes preventative screenings, call us at [800-425-4657](tel:800-425-4657) to find out more about what options will best serve your business.



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