

 | The Medical Center
WORKSITE
WELLNESS
 P R O G R A M



The Medical Center Worksite Wellness Program will help to improve the health of your workforce and reduce health-care expenditures. The goal of the program is to educate your employees on the importance of taking ownership of their health and provide them with information to help them make healthy lifestyle choices.

For more information on
 The Medical Center
 Worksite Wellness program
 call 270-745-1503.

*(Programs and fees
 are subject to change.
 Fee schedule effective 3/31/12.)*

The Medical Center Worksite Wellness Program is a comprehensive program that includes :

• **Wellness Consultant**

The manager of The Medical Center Worksite Wellness Program is available to meet company representatives and discuss the specific wellness needs of your employees. The manager will provide recommendations for programs that can cost-effectively meet your needs. *Cost: Free (initial meeting) — Ongoing consultation \$50.*

• **Health Education Materials**

Your worksite will receive a wellness display board that will be updated monthly with health promotion and disease management materials and information on programs available through The Medical Center. *Cost: Free.*

• **Health Fairs**

We will help to coordinate on-site health fairs with health screenings and information. Cost is per employee and requires a minimum of 20 scheduled participants per hour. Screenings available include, but are not limited to, the following:

Blood Pressure	\$1.00	Lipid Profile (cholesterol breakdown)	\$25.00
Body Fat Analysis	\$1.00	Prostate Cancer Screening	\$20.00
Glucose (blood sugar)	\$10.00	Thyroid Screening	\$20.00

As an alternative to having an on-site health fair, you can direct employees to The Medical Center Health & Wellness Center during a set period for free Blood Pressure and Body Fat Analysis screenings.

*As an alternative to on-site blood sugar and lipid profile screenings, you can provide a membership for your employees to The Medical Center Men's Health Alliance or Women's Center programs. **The cost for the lifetime membership is only \$10 per employee and includes a free annual blood sugar and lipid profile screening.** The employee can go to The Medical Center Lab (Bowling Green, Scottsville or Franklin) at any time to have the lab work done.*

• **Wellness & Disease Management Presentations**

From a wealth of resources and expertise available through The Medical Center, numerous presentations are available for your workforce. *Cost: \$50 per 30-minute session.*

• **Healthy Weight/Healthy Life Program**

This program, led by a registered dietitian and an exercise specialist, provides nutrition and fitness lifestyle changes for your employees. The classes meet for 30 minutes one day a week for six weeks. *Cost: \$50 per employee and requires a minimum of ten employees.*

• **Cooper Clayton Smoking Cessation Program**

This program meets 30 minutes a week for 12 weeks and provides guidance and support employees need to kick the habit. Use of a nicotine replacement product is required. We recommend the employer cover at least a portion of the cost for the nicotine replacement products as an incentive. *Cost: \$50 per employee and minimum of 10 employees required.*

An alternative to the on-site program is to direct employees to community-based programs.

• **Diabetes Education**

During three 45-minute sessions, a certified diabetes educator will provide valuable information on managing diabetes in order to avoid serious health complications. *Cost: \$50 per employee and requires a minimum of five employees.*

An alternative to this program is one-on-one sessions with the diabetes educator at the Health & Wellness Center through the outpatient program. The sessions will be filed with insurance (if this is a covered benefit with your health plan).

• **Quarterly Intervention Programs**

A variety of intervention programs are available to foster healthy lifestyle choices through improved nutrition and increasing physical activity. Programs available include, but are not limited to, Better Life Challenge, Step Into Health, and Colorful Choices. *Cost: Ranges from \$10 – \$20 per employee per program. Each program requires a minimum of 20 participants.*