

## **Workplace Clinic Solutions**

Health risk identification is an important function that a workplace wellness strategy can provide for employees. The benefit to the organization is realized in many ways including the identification and control of disease and pre-disease conditions, a decrease in long term benefit costs such as drug usage and recognition by employees of the efforts of the organization to provide ease of access to on-site screening clinics which may result in outcomes of improved retention and morale.

The following ***Solutions that Work*** clinics are tailored to the needs of each workplace:

### **Blood Pressure Screening**

The importance of screening for high blood pressure (hypertension) is to identify a prevalent condition that contributes significantly to premature deaths, heart attacks, kidney problems and stroke. Once identified, the individual can be provided with pertinent information and directed to see their doctor.

### **Cholesterol Screening**

The Cholesterol Screening Clinic is useful in identifying levels of cholesterol that may indicate a risk factor for serious heart disease. If the number is found to be in the high range, employees will to be referred to their physician for further follow-up

### **Glucose Screening**

The Glucose Screening Clinic is useful for screening employees for diabetes or pre-diabetes because the condition can start with few symptoms. If the number is in the high or low range, the employee is referred to their physician for further follow-up to confirm diabetes or other conditions.

### **Triple Threat Heart Health Screening**

The above three clinics can be combined into the Triple Threat Heart Health clinic. It is designed to increase the employee's awareness of their heart health. During the Triple Threat clinic each participant will have their glucose, cholesterol and blood pressure measured by a registered nurse.

## **Back Health Screening**

The Back Health clinic will increase the employee's awareness of their back health and provide them with information on maintaining a healthy back. A kinesiologist assesses the back health of the participant through a series of tests.

## **Bone Density Screening**

The Bone Density or Osteoporosis clinic is designed to increase awareness of osteoporosis and provide employees with an assessment of their current bone health status. Employees with an abnormal result will be encouraged to follow-up with their family physician.

## **Lung Capacity Screening**

The Lung Capacity screening will provide a measure of the capacity of the employee's lungs by having them blow into a spirometer. Anyone with an abnormal result will be encouraged to follow-up with their family physician.

## **Body Composition Screening**

The Body Composition screening is a useful assessment for identifying those employees at risk due to overweight or obesity conditions. The assessment by an exercise specialist includes measurements of height and weight, body mass index, body adiposity (fat) and waist girth.

## **Why Wellness at Work?**

Wellness at Work has many years of experience partnering with organizations and companies to provide convenient, on-site screening. Each service is provided using professionals such as registered nurses, dietitians and certified kinesiologists. Each screening program or clinic is tailored to meet the needs of the workplace and utilizes national standards and norms to compare to individual results. The follow-up report will provide aggregate health data so that the workplace can benchmark progress toward internal wellness goals.

If you have any questions about the clinics listed above or wish to receive a quote, please contact us at [info@wellnessatworksolutions.com](mailto:info@wellnessatworksolutions.com).

