



FOR LIFE

KETTERING HEALTH NETWORK

# CORPORATE WELLNESS FOR LIFE

## Program Descriptions and Prices



CORPORATE WELLNESS *at*  
**KETTERING**  
MEDICAL CENTER

KETTERING HEALTH NETWORK<sup>SM</sup>

## SCREENINGS / ASSESSMENTS

### Back Analysis

Back problems arise for a variety of reasons. A health care professional from Kettering Sports Medicine Center will evaluate posture and structure. Healthy back literature and tips will be provided. Cost: \$35 per hour



### Blood Pressure

Blood pressure screenings are provided on-site at your facility. Counseling and literature will be provided. Cost: \$35 per hour

### Body Fat Analysis

Lean versus fat weight is determined using a bioelectrical impedance machine. Results are immediate. Recommendations for fat loss are discussed with a KMC health care professional. Cost: \$5 per person

### Cholesterol and Diabetes Screening

This screening provides a total lipid profile including total cholesterol, HDL, LDL, triglycerides and blood glucose. This test requires a 12-hour fast and is performed with a simple finger stick. Results are immediate and educational hand-outs are provided. This screening can be done with or without counseling. Cost: \$22 per person without counseling or \$27 per person with counseling by a KMC health care professional.

### Non-Fasting Blood Lipid

This non-fasting test includes total cholesterol, and HDL. The test is done with a finger stick and takes approximately 10 minutes. Counseling is not provided with this screening. Cost: \$15 per person

### Colon and Rectal Cancer Screening

The American Cancer Society recommends that every man and woman who is age 50 or older have regular screening test for colon and rectal cancer. A take-home kit looks for hidden blood in the bowel movement which is one possible sign of colon and rectal cancer. Cost: \$5 per person

### Depression Screening

With depression one may experience lack of energy, difficulty concentrating and irritability for no apparent reason. Kettering Behavioral Medicine Center conducts individualized screenings on site at your facility. Each 30 minute appointment includes a depression screening followed up with a consultation by a mental health professional. Cost \$35 per hour

### Diabetes (Blood Sugar) Screening

Nearly one-third of those with diabetes are unaware that they have the disease. This blood sugar test requires an eight-hour fast and a finger stick. Results are immediate. Cost: \$10 per person

### Flexibility Testing

Individuals with lack of low back and hamstring flexibility are more prone to low back pain. This sit and reach test will measure flexibility in those areas. An exercise physiologist will review the results and recommend stretching exercises. Cost: \$5 per person

### Gail Model Breast Cancer Risk Assessment

The Gail Model Breast Cancer Risk Assessment is a personal look at selected risk factors for breast cancer. Each woman will receive a copy of her score and review with a nurse. Call for availability.



### Glaucoma Screenings

Glaucoma is one of the leading causes of preventable blindness in the U.S. Almost 80,000 Americans are blind from glaucoma and another million are at risk for vision loss, because they don't know they have it. Cost: \$10 per person

### Health Profiles

Each 16 question health profile targets a specific area of health. The answers are used to generate a health profile that will identify health risks for the individual and offer suggestions on how to make improvements. Individual profile topics include: nutrition, heart disease, stress, health age, cancer, coronary risk, and exercise. The results are given immediately. Cost: \$5 per profile per person

Additional presentation topics available upon request. All events and prices are subject to change.  
For information, call KMC Corporate Wellness at **937-558-3988**

## Health Risk Appraisal (HRA)

This comprehensive 60 question profile measures lifestyle, health factors and interest in changing behaviors and will identify the participant's level of risk in a variety of health factors. When combined with health screenings the HRA gives a more comprehensive picture. Each participant will receive a detailed confidential report. An executive summary is provided to administration and includes a customized aggregate report identifying high risk areas of concern. This base of information is used to build an effective wellness program tailored to those specific areas of concern.

HRA Packages include:

- Health Risk Appraisal questionnaire only (paper or online) plus aggregate report - \$25 per person
- Lipid profile, body fat, blood pressure, Health Risk Appraisal questionnaire (online or paper) and separate day counseling - \$65 per person

Screening Only Packages include:

- Lipid Profile, body fat, blood pressure and same day counseling - \$35 per person
- Lipid profile, body fat, blood pressure and separate day counseling - \$40 per person

## Heart Print Screening

This is also known as an EKG and provides information about the electrical activity of the heart. This information is kept on file so that it can be used as a baseline for future reference. Results are confirmed by a cardiologist and then mailed to each participant. Cost: \$25 per person

## Lung Function

This simple pulmonary function test (PFT) helps to identify respiratory problems with the lungs. Results are read by a physician and mailed back to the participants. Cost: \$30 per person

## Metabolic Syndrome Screening

Metabolic syndrome is characterized by a cluster of risk factors, including abdominal obesity, elevated blood pressure, insulin resistance, low HDL (good) cholesterol and high blood fats. People with metabolic syndrome are at a higher risk for heart disease, stroke and type 2 diabetes. This screening will consist of a total lipid profile plus glucose, height, weight, blood pressure, body fat analysis, waist circumference and a comprehensive diabetes risk profile. A 12-hour fast is required. Cost: \$50 per person



## Osteoporosis Screening

This screening will determine bone loss using state-of-the-art ultrasound technology. This test takes less than ten minutes. Results are immediate and will be reviewed with a health care professional. This test is not appropriate for anyone who has had a positive DXA scan or has been diagnosed with osteoporosis. Cost: \$15 per person



## Prostate Cancer / PSA

The American Cancer Society recommends that men age 50 and older are screened for prostate cancer. A blood draw is required. Results are mailed to the participant. Call for availability.

## Resting Metabolic Rate

Resting metabolic rate is the amount of energy the body uses at rest. Knowing this rate helps determine caloric intake for weight loss / control purposes. The calorimeter is used for this measurement. Body fat is also included in this 30 minute screening and consultation. A four hour fast is required. Cost: \$25 per person

## Strength Testing

Strength is an important component of fitness. This strength test uses a dynamometer to measure general upper body strength. Results are reviewed with an exercise physiologist who will give suggestions on strength training exercises for improvement. Cost: \$5 per person

## Vascular Ultrasound

Thickening of an artery provides the earliest detectable evidence of atherosclerosis. A new ultrasound imaging test – Carotid Intima Media Thickness (CIMT) can assess future risk of heart attack by measuring the layers of the carotid artery. This screening provides a physician with valuable new information to assess ones arterial and cardiovascular health. Additional ultrasound tests detect plaque in carotid arteries (neck) and check for poor circulation in the lower extremities. Cost: \$119 for all three tests / \$75 for CIMT and carotid ultrasound only.

## EDUCATIONAL PROGRAMS

### CPR - Adult, Child, and Infant, First Aid, and AED Training

By taking this class you will become certified in adult, child and infant CPR, First Aid and AED use. An AED is an Automated External Defibrillator and every minute of early defibrillation of a victim raises the chances of survival by 10%. Learning and becoming certified in CPR, First Aid and AED use could save a life! Classes are taught on-site and require a minimum of eight participants. Cost: \$45 per person



## Deskercise

The average employee is in a sedentary position the majority of their work shift. This presentation teaches employees how to stay loose and get some exercise while at their desk. Cost varies depending on group size.

## Lunch and Learn Presentations

These presentations are designed to promote mental and physical health. Kettering Medical Center's professional health care staff speak on topics of specific interest to your organization and highlight risk reduction strategies. List of Presentations are available on our website at [www.khnetwork.org/corporate\\_wellness/menu/presentations.pdf](http://www.khnetwork.org/corporate_wellness/menu/presentations.pdf) Cost \$125 per presentation

## WELLNESS AND HEALTH FAIR BOOTHS

*(All Wellness and Health Fair Booths have a minimum 2 hour charge)*

### Alcohol Awareness Goggles

This interactive awareness booth will help participants understand the effects of alcohol on coordination, concentration and judgement. The goggles distort vision and cause behaviors that are similar to someone under the influence of alcohol or other drugs. Simple tasks are performed to demonstrate impairment. Cost: \$35 per hour

### Chair Massage

Chair massage is a great way to relax tense and aching muscles and invigorate both mind and body. Each massage is done fully clothed in a special massage chair. Cost: \$60 per hour

## Exercise / Deskercise

An exercise physiologist uses a variety of exercise apparatus to demonstrate proper exercises. Dumbbells, resistance bands, exercise ball and balance board are used at this display. Desk exercises are also reviewed. Cost: \$35 per hour

## Hand Washing

This interactive presentation teaches the fundamentals of proper hand washing technique. Areas missed in routine hand washing will glow brightly under the special black light. This is an opportunity to improve technique, educate about the importance of washing hands and protect the health of your employees. This is a great booth around flu season. Cost: \$35 per hour

## Heart Health Awareness

Using visual aids, a health care professional will provide information on modifiable cardiovascular risk factors and tips for risk reduction. Participants can use tools to quantify their individual risk. Cost: \$35 per hour.



## Nutrition

This booth uses multiple visual displays to educate on proper portion size, fat and sugar content of foods, the food pyramid and label reading. A specific nutritional focus can be requested. Cost: \$35 per hour

Additional presentation topics available upon request. All events and prices are subject to change.  
For information, call KMC Corporate Wellness at **937-558-3988**



### Osteoporosis Awareness

The Department of Health and Human Services estimates that by 2020 half of all Americans over 50 will have weakened bones because of unhealthy diet and lifestyle. The osteoporosis awareness booth uses visual aids to educate on the importance of bone health as well as tips for improvement through nutrition and exercise. Cost: \$35 per hour.

### Stress Awareness

Stress Dots have the ability to change colors and will monitor and show how much stress or relaxation one is experiencing from minute to minute. This bio-feed back tool will help the participant to understand the affects of stress on the body. This is a great tool for teaching stress reduction techniques. Cost: \$35 per hour

### Sun Exposure Awareness

Unseen damage is hidden under the top layer of the skin and revealed with our DermaScan machine. The damaged skin, caused by unprotected exposure to the sun's ultraviolet rays, is seen by the participant. We take this opportunity to educate about skin cancer and the importance of being protected using sunscreen lotions, clothing and headwear. Cost: \$35 per hour

### Wellness Wheel

This educational booth quizzes participants on their health knowledge while educating them on health and wellness topics. Participants receive a prize for correct answers. Cost: \$35 per hour

## SERVICES

### Executive Health Evaluations

KMC Executive Health Evaluations offers a variety of screening packages for your executive physicals. Call 937-395-8173 or visit [www.kmcehe.com](http://www.kmcehe.com) for more information.

### Immunization Programs

Both flu and pneumonia vaccines can be provided on site. Price varies.



### Office Ergonomics

Professional staff from the Kettering Sports Medicine Center will perform an ergonomic study at your facility and give recommendations for change. Cost is based upon size of facility

### Personal Training

A certified exercise physiologist can provide small group or individual training at your fitness facility. Cost varies depending on group size.

### Physician Referral

The physician referral service provides the community with quick access to information on physicians, medical facilities, and services within the Kettering Medical Center Network. Call (937) 384-6950.



CORPORATE WELLNESS *at*  
**KETTERING**  
MEDICAL CENTER

KETTERING HEALTH NETWORK<sup>SM</sup>

[KHNETWORK.ORG/CORPORATE WELLNESS](http://KHNETWORK.ORG/CORPORATE WELLNESS)

**937-558-3988**

Additional presentation topics available upon request. All events and prices are subject to change.  
For information, call KMC Corporate Wellness at **937-558-3988**