



HEART SCREEN

Health-E-News

August 2010

A Word From Barbara Parker
President HEART SCREEN

Lower healthcare costs are a definite result when employees buy into the concept of healthier living inspired by a company sponsored wellness program.

*Programs do not have to be costly. For example, cultivate healthier eating with healthier snacks in the vending machines, host a walking club. Host a Wii challenge.***

The Message. *Your employees are more likely to give it a try if you introduce a wellness program with a more human component.*

Soon it will get colder and it becomes that time of the year again when people tend to slow down their activities in their daily lives due to the cold weather. As a result most people prefer to spend most of their time indoors, either at the office or at home. Outdoor activities are shelved until the beginning of the warmer season.



60% of the U.S. population does not exercise regularly.

Keeping your employees motivated to exercise is important for a balanced wellness program.

*Find out more about hosting a Fitness Day for your next event.***

Barbara Parker
 President
 HEART SCREEN Inc.

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- Fall Planning

Plan Ahead for:

- 2010-2011 Fall Flu Clinic Info
- September is Cholesterol Education Month

Heart Screen's Health and Wellness Screening Programs.

BIOMETRICS

- Cholesterol
- Glucose
- BMI Including Ht & Wt
- Blood Pressure

WOMEN'S & MEN'S HEALTH

- PSA For Prostate Cancer
- Thyroid (TSH)
- Bone Density

FITNESS SCREENINGS

- Aerobic Conditioning
- Body Fat Testing
- Body Mass Index (BMI)
- Grip Strength
- Flexibility

ADDITIONAL ON-SITE TESTING

- Auditory Screening (Hearing)
- Blood Pressure
- Bone Density
- Duettes Simulator Goggles
- Glaucoma
- Grip Strength
- Hepatitis Screenings
- Lung Function & Lung Age
- Metabolic Testing (Weight Management)
- UV Photo
- Visual Acuity

STROKE PREVENTION

- Carotid Artery
- Arterial Stiffness Index

EDUCATIONAL

- Health Coaching
- Wellness Wagon
- Workshops / Lunch 'N' Learns



Exercise and physical activity fluctuate with the seasons, falling off sharply in the fall and winter months and climbing again in spring and summer.

There are many health benefits of exercise (control of hypertension, weight management, stronger bones, reduced blood glucose levels, stress reduction). Keep

your employees motivated well into the cooler months.

Fitness Day Events:

- Blood Pressure
- Body Fat Composition Analysis
- Body Mass Index
- Hip Waist Ratio
- Flexibility
- Grip Strength
- Nutrition
- Balance Board Competition

Have one or more events. Bring in some healthy snacks, a few raffle prizes awarded for participation and the ultimate Wii balance competition.

Check Heart Screen's website for some recent pictures of one of our events.

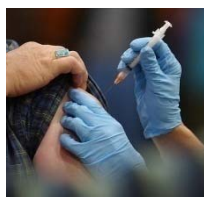


Health Fair Fall Planning

2010-2011 FLU CLINICS

It is never too early to sign up for fall Flu Clinics and reserve vaccine. Our fees have not increased from last year.

Fees: \$18.00 per person plus group nurse fees. Contact Katherine.Minogue@heartscreen.com



September is National Cholesterol Education Month. Host a cholesterol screening, conduct a heart healthy workshop with the



goal of reducing the percent of your employees with high blood cholesterol.

Through educational

efforts Heart Screen aims to raise awareness and understanding about high blood cholesterol as a risk factor for Coronary Heart Disease and the benefits of lowering cholesterol levels as a means of preventing CHD. **Schedule your biometric health fairs early for the fall. Contact Heart Screen today 631.842.1122.**

- Health Bingo
- Milk Taste Test (*Nutrition*)

HRA's (Emailed And On Line)

STRESS REDUCTION

- Massage
- Reflexology
- Aromatherapy
- Yoga Workshops
- Tai Chi Workshop
- Stress Reduction Workshop
- Smoking Cessation
- Anger Management

NUTRITIONAL PROGRAMS

- Weight Management
- Wellness Wagon
- Lunch 'N' Learns
- Brown Bag Seminars
- Cooking Demo
- Rate Your Plate

STROKE PREVENTION

- Arterial Stiffness Index
- Carotid Artery
- Blood Pressure
- Workshops

ADJUNCT SERVICES:

Health professionals offer free services such as neck and back screenings, foot and ankle screening, workshops, etc. Contact us to check availability for YOUR company.

FLU PREVENTION

Reserve your vaccine early and set up your flu clinic. Contact:

Katherine.Minogue@heartscreen.com



What are the basic Biometrics Screenings?

- Cholesterol & Glucose
- Blood Pressure
- BMI

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