



HEART SCREEN

Health-E-News

November 2010

A Word From the President

It has been a busy and healthful year at Heart Screen and it has been our pleasure sending you our Health-E-News right to your email box. We thank you for your continued interest and welcome any comments or suggestions. In letting you know about all our programs we have emphasized our commitment. Armed with the latest in equipment and innovative programs, we make this assurance to you, our clients, in this uphill climb to better health.

Let Heart Screen continue to assist you in making healthier changes.

Barbara Parker

President, HEART SCREEN Inc.

Heart Screen Events and Health Observances: November is..

- American Diabetes Month. According to the CDC 1 in 10 people have diabetes now with a projection of 1 in 3 in the near future with current trends, including those who are undiagnosed. Much of this growth is due to the escalating obesity rates. Programs identifying those at risk thru screenings and educational programs are a must for company's bottom line.
- COPD Awareness Month
- Lung Cancer Awareness Month
- Nov 18th. Plan a day of education for the Great American Smokeout. Reproducible Educational materials and posters are available at no charge from Heart Screen.

Staying healthy at work isn't always easy. With all your coworkers sneezing and sniffing around you, it may seem impossible. Also, is your desk making you sick?

1. Wash your hands often using a hand sanitizer if washing is not an option. Anything you touch at work could potentially be harboring germs, so it's a good idea to wash your hands regularly.
2. Sanitize your phone, keyboard and cell phone too.

IN THIS ISSUE

- A Word From the President
- You and YOUR Health
- Staying Healthy At Work
- Ask the Health Fair Specialist

Plan Ahead for:

- Motivation & Participation
- Health Observances: American Diabetes 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
- Wii Balance

ADDITIONAL ON-SITE TESTING

- Auditory Screening (Hearing)
- Blood Pressure
- Bone Density
- DUEyes 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

3. Eat healthy. Good nutrition is the foundation of any healthy lifestyle. Starting with breakfast every day and eating lots of fruits and vegetables.
4. Avoid co-workers who are sick. Three feet or more is considered a safe distance to stay away while coughing or sneezing to prevent spreading airborne illness.
5. Work from home if you are sick.
6. Stay hydrated, keeping a water bottle at your desk.
7. Take a stretch break at your desk and walk around for a few minutes taking mini brakes. Smile a lot and relieve stress.
8. Use your vacation days to take a long stress free weekend.
9. Quit smoking
10. Try to get 7-8 hours of sleep every night. Sleep is vital for your body's healing and regeneration.

FLU SHOTS. Not too late to set up a Flu Clinic. Limited vaccine from our supplier is still available. Fees: \$18.00 per person plus group nurse fees. Contact Katherine.Minogue@heartscreen.com

IN THE NEXT ISSUE. Soon it will be 2011 and most New Year's resolutions will have come and gone. Excitement about participating in your wellness program may have also waned. In this issue we will be addressing participation and incentives to help keep your participants motivated.

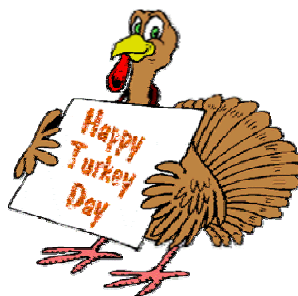
As always, if there is anything else we can offer that would be of service to you, please don't hesitate to let us know.



Health Fair SPECIALIST

This new column for 2011 will address issues which arise during your health fair promotions. Heart Screen will offer helpful quick ideas for health events such as motivational information, healthy educational materials and quick replies to your wellness inquiries. Watch for this column in our 2011 newsletters. For more healthy hints email your request to info@heartscreen.com.

At this time of Thanksgiving Celebration, our thoughts turn gratefully to you with warm appreciation for your business. May you have a bountiful Thanksgiving shared with family and friends..



- 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.



What are the basic Biometrics Screenings?

- Cholesterol & Glucose
- Blood Pressure
- BMI and/ or Body Fat



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