

HEART SCREEN



Health-E-News

MARCH 2010

A Word From The President

2010 will be Heart Screen's best year ever. Our well rounded menu of healthy events will keep your wellness programs busy. In addition we work closely with our clients and their insurance carriers to better utilize their current benefits while providing more cost effective wellness programs.

Have multiple locations in different parts of the country? Not all locations have the same needs. Targeting the group needs is a specialty of Heart Screen. Our aggregate reporting identifies each location's needs to plan specialized programs targeting those areas particular to each location.

Towards better health,

Barbara Parker



Incentives = Better Wellness Program Attendance



GO Green. Money Talks. In today's economy everyone is looking to save money. Incentives that reward individuals for wellness program attendance and health improvements pay in several ways. Wellness programs have proved their value in the workplace. Healthier employees spend less money on healthcare and employers understand that investing in their wellness is important. Healthy Incentives help to keep your participants motivated. Instead of the t-shirts, mugs, gym bags, sports clothing, why not offer money incentive for your next wellness event. Perhaps...

- Reduced insurance premiums for an accumulation of earned healthy points for participating in company sponsored events
- Gift cards are a successful incentive as well



Regardless of the incentive you choose, remember that you are trying to communicate to your employees that you care about their health and are ready to partner with them to ensure they meet their goals. A well-aimed incentive can tell them just that!



Better Utilization of Benefits for Health Management

Are your employees using the great benefits you have provided? Part of Heart Screen's SCORE counseling includes direction towards services available through company's insurance carriers. Often these benefits are underutilized. Some examples might include:

This newsletter re-introduces you to 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
- Bone Density
- Dreyes Simulator Goggles
- Glaucoma
- Hepatitis
- Lung Function & Lung Age
- UV Photo
- Visual Acuity

WEIGHT MANAGEMENT

- Metabolic Testing RMR
- Nutrition Workshops
- Lunch 'N' Learns

STROKE PREVENTION

- Carotid Artery
- Arterial Stiffness Index

EDUCATIONAL

- Health Coaching
- Wellness Wagon
- Lunch 'N' Learns
- Milk Taste Test (Nutrition)

HRA's (Emailed And On Line)

STRESS REDUCTION

- Massage
- Reflexology

- Smoking Cessation
- Coaching
- Case /Disease Management
- On Line Services and Health Risk Assessments
- Discounts (i.e. Gym Memberships, Other Services)
- General Health Information

Why pay double for the services you are already getting? Need more info, contact Heart Screen. **We make it uncomplicated. Heart Screen is dedicated to consistently provide the best services possible.**



Hearing: A New & Improved Program for 2010

Healthy Hearing. Although more and more Americans are experiencing a gradual reduction in hearing as they age, only 29 percent of adults ages 20 to 69 had their hearing tested within the previous five-year period.

Regular hearing testing would likely increase the numbers of individuals who are identified with hearing loss and who receive intervention, thereby improving productivity and quality of life.

It is estimated that 30 million people are exposed to harmful levels of noise every day in their jobs. Educating individuals for hearing safety is part of our counseling with appropriate educational materials

Every person of every age and background is vulnerable to hearing loss. However, certain ethnic groups suffer from hearing loss and related problems at a greater frequency than the rest of the population. Compounding the matter, healthy hearing information is not always available to minority individuals and their families.

Heart Screen's Auditory Screening Program identifies individuals with hearing loss and refers them for further evaluation by an audiologist.



TESTING PROCEDURE. This is a non-invasive test (see photo), which can quickly and easily be performed with accurate on-the-spot results.

- Testing can be held in a variety of settings with normal office noise. No special rooms are needed.
- Both ears are tested with 4 frequencies in less than a minute.
- Individual earpieces are used per person.
- No response from the individual is necessary. (Bi-lingual friendly)
- Up to 100 tested in 4 hours.
- Accurate results printed as PASS or REFER.
- Test is completely objective.
- Counseling and referrals.
- Reproducible Educational materials are provided.

- Yoga Workshops
- Tai Chi Workshop
- 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

FLU PREVENTION CLINICS



Decibels of Common Sounds

Average home, breeze	50dB
Normal conversation	60dB
iPod at maximum volume	105dB
Telephone dial tone, alarm clock ,hair dryer	80dB
Sandblasting, Loud Rock Concert, Disco	115dB



Wellness Tip

Clean your telephone and computer keyboard frequently. Clean everything you touch regularly with an anti-bacterial spray or wipe. You could be re-infecting yourself.



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