

SCORE™ with Heart Screen.
Promoting Workplace Health and Wellness

S Screenings...

C Counseling...

R Recommendations...

E Education

About our SCORE Counseling

Life is busy for most of us. And keeping healthy is all too rarely near the top of the list of 'things to do' that often go undone. We are all so busy that convenience is at a premium. So let's get "convenient" about health basics.

What: Evidence shows that interventions can increase awareness and change attitudes and behavior to reduce the major risk factors for heart disease and overall health leading to lifestyle changes which result in better health.

Heart Screen uses the "SCORE" approach: screening and counseling combined with referral activities and educational materials. It is the most successful approach which produces improvements in total cholesterol, blood pressures, smoking reduction, and body mass index/body fat. Here is the opportunity to **make the most of your current health benefits** (case management, discounted gym memberships, etc.)

This is a one-on-one program to promote change in individuals' diet, fitness, stress, smoking habits, cholesterol, blood pressure, diabetes control (etc.) and overall wellness. Our emphasis is on modifying individual risk factors for health (hypertension, smoking, nutrition, obesity, alcohol, exercise and lifestyle). By also identifying and targeting the "at risk" portion of an individual's results, planning can focus on individual's general needs.

When: One-on-one, the counselor reviews all the day's results following cholesterol screening and makes recommendations. Insurance benefit information can be distributed and individuals are referred to carrier's website for follow-up programs, referrals and case management as needed. Counseling always follows all of Heart Screen's screening programs.

How: We simply set up a private area. We provide signage and reproducible educational materials on a variety of topics. Just have available health plan benefit information for referrals to your employees.

Who: Staffed by a health professional

Health & wellness has many components. We would be pleased to work with you to help educate and encourage your employees toward healthier lifestyle choices.