



## WELLNESS SCREENING PROGRAM

### Promoting Wellness

- ε Health is an important issue in business today
- ε Increases in some disease can be attributed to sedentary lifestyle, excessive commitments, poor nutrition, and chronic stress
- ε Over 80% of heart disease, stroke, and type 2 diabetes and 40% of all cancer could be avoided by a healthier lifestyle (WHO, "Preventing Chronic Diseases: A Vital Assessment," 2005)
- ε 75% of workplace productivity issues are related to employee lifestyle choices ([www.forbes.com/2006/04/21/wellness\\_programs\\_gold\\_standards\\_cx\\_tz\\_0424wellness.html](http://www.forbes.com/2006/04/21/wellness_programs_gold_standards_cx_tz_0424wellness.html))

### The Screening Program

- ε Provides individual health screening for risk factors related to chronic diseases such as diabetes, hypertension, stroke, heart disease. Screening includes:
  - ~ Blood pressure
  - ~ Blood Cholesterol
  - ~ Blood Sugar
  - ~ Body Mass Index (BMI)
- ε Promotes awareness of potential health related issues
- ε Creates opportunity for education in related health topics, including education to assist employees to make lifestyle choices to reduce the risk of disease
- ε Facilitates illness prevention
- ε Available at your workplace anywhere in British Columbia

### The Benefits

- ε Health issues are identified before they become more serious illnesses
- ε Questions are answered in a confidential manner regarding specific health issues
- ε Individuals are educated on current and potential health issues for the purpose of prevention
- ε Low cost way of promoting health in the workplace
- ε Reduced lost work days and productivity due to illness through early diagnosis
- ε Positive impact on workplace morale as the employer demonstrates care about the health and well being of Individuals in their Organization
- ε For every \$1.00 spent on Wellness Programs, medical costs fall by about \$3.27 and absenteeism costs fall by about \$2.73 ("Workplace Wellness Program Can Generate Savings" Harvard University: Health Affairs. Baiker, Cutler & Song - February 2010)

### HEALTHSERV'S Role

- ε Provides Screening Clinics using qualified Registered Nurses (includes, equipment and supplies)
- ε Educates individuals on specific health topics
- ε Offers Educational Materials
- ε Encourages direct medical follow up for individuals with identified health risks
- ε Maintains and stores confidential medical information