

Wellness @Work

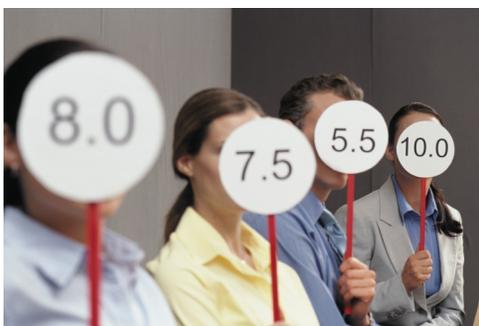
Here's to Your Health

Did you know 70% of the illnesses requiring health care treatment are preventable? For example, millions of Americans have some type of undetected cardiovascular disease or diabetes. Most people who develop hypertension don't know it unless their blood pressure is checked regularly. Likewise, high blood sugar and high cholesterol levels go unnoticed until a chronic disease becomes evident.

To maintain their health, employees should visit a clinician periodically to be:

- ✓ Screened for diseases
- ✓ Assessed for risk of future medical problems
- ✓ Encouraged to pursue healthy lifestyles
- ✓ Updated for necessary vaccinations
- ✓ Screened for identification of any symptoms of acute illness

The reality is that a large percentage of working adults neglect their overall health.



Surveys confirm – only one in 20 adults consistently engage in regular exercise or healthy nutrition and most do not address risk factors such as smoking or obesity.

Poor health affects not only health benefit costs, it increases the costs associated with absenteeism, productivity, and work-related injuries.

Take advantage of information and advice about better health. Be a part of the solution to reduce healthcare costs and avoid paying more for your benefits.



Health Risk Appraisals and wellness programs encourage workforce health by providing the tools to understand health standards, promote wellness, and provide an opportunity for early detection of potentially life-threatening or chronic illnesses.

Know Your Scores

Do you know what normal readings are for blood pressure, BMI, and cholesterol?

How do your scores compare?

MED-1 cares about your health and we encourage you to be informed. Then take action to address any health risks.

MED-1 Services

Screenings

- Height & Weight
- Body Mass Index (BMI)
- Body Composition
- Blood Pressure
- Cholesterol
- Diabetes
- Colo-rectal cancer
- PSA

Specialized Programs

- Health risk appraisals
- Immunizations
- Smoking cessation
- Customized worksite programs
- Drug free worksite
- Special exams

Education

- CPR/First Aid training
- AED programs
- Wellness coaching
- Health fairs
- Wellness education



Wellness at Work is a informational publication provided by

MED-1 Occupational Health System to facilitate health and wellness initiatives for employees.

For more information on any topics presented or to access additional copies of current or past issues, contact Tammie Milligan at 616.459.1570 or go to — www.med1services.com.