

HEALTH RISK ASSESSMENT

Program Details & Descriptions

MED-I-WELL SERVICES

A TEAM OF SPECIALIZED HEALTH PROFESSIONALS WHO COLLABORATE WITH COMPANIES IN AN EFFORT TO DEVELOP A HEALTHIER MORE PRODUCTIVE WORKFORCE.

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HEALTH RISK ASSESSMENT

The Health Risk Assessment (HRA) program is an opportunity to offer your employees a review of their current health status, while also providing you as the employer an opportunity to review summary data of the health of your workforce.

HOW IT WORKS



PLANNING

Our Med-I-Well Health Coaches schedule a time to come directly to you and your employees to have the opportunity to explain in-person the benefits of engaging in the HRA program, answer any questions, and ensure confidentiality. To implement the program, we set up in any available private space to conduct 10-15 minute individual sessions with your employees.



ASSESSMENT & RESULTS REVIEW

The HRA includes two components: bio-metric testing and a conversational lifestyle survey. There are various bio-metric values available for testing (see options provided), however the typical HRA includes: blood pressure, total cholesterol, HDL cholesterol, blood glucose, waist circumference, weight and BMI. The lifestyle survey can be tailored to your workplace, with the aim of engaging employees in discussions about their nutrition, sleep, physical activity, stress, mental health, and other lifestyle behaviours, such as smoking.

Your employees will receive all of their results in a Report Card format, and have the opportunity to discuss them one-on-one with the Health Coach, within the same appointment. Using our interactive software, we can provide examples of how different lifestyle improvements, such as weight loss or quitting smoking, can directly influence other results, such as blood pressure. Employees also have access to these results online after the appointment.



SUMMARY REPORT

After conducting the HRAs with your workforce, we summarize the findings and provide you as the employer an aggregate report that summarizes all of the bio-metrics tested. This clearly identifies priority areas within the workforce and opportunities for targeted health education and coaching. If a follow-up HRA program is run, a time-logged comparison can be provided that shows the successful health risk reductions that have occurred.

BIO-METRICS MENU

LIPID PANEL TEST STRIP

Measures: Total Cholesterol, HDL Cholesterol & Triglyceride
Calculates: LDL Cholesterol, Total Cholesterol/HDL Ratio

CHOL + HDL + GLU PANEL TEST Strip

Measures: Total Cholesterol, HDL Cholesterol & Glucose
Calculates: Total Cholesterol/HDL Ratio

CHOL + GLU PANEL TEST Strip

Measures: Total Cholesterol & Glucose

CHOL + HDL PANEL TEST Strip

Measures: Total Cholesterol & HDL Cholesterol
Calculates: Total Cholesterol/HDL Ratio

Total Cholesterol Test Strip

Measures: Total Cholesterol

HDL Cholesterol Test Strip

Measures: HDL Cholesterol

Triglycerides Test Strip

Measures: Triglycerides

Glucose Test Strip

Measures: Glucose

A1CNow+ analyzer

Measures: 3mo. Glucose %

ADDITIONAL OPTIONS:

Waist-to-Hip Ratio
Skin Fold Body Fat Assessment
Bio-electrical Impedance Analysis
Mobility Assessment



HEALTH EDUCATION

The benefit of the HRA program is that it can drive future initiatives that can help improve the health and safety of your workforce. For example, if a large number of employees were identified to have high blood pressure, a heart health campaign can be hosted by Med-I-Well to provide education on the many lifestyle improvements that can assist in lowering blood pressure and reduce reliance on medication.