

# Wellness Programs & Screenings

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## How Do On-Site Health Programs and Screenings Benefit My Company?

- Performed on-site at the workplace, saving time and money
- Stress injury and disease prevention
- Promote a healthy lifestyle that encourages employee to be responsible for their own well-being
- Help meet many safety training requirements (i.e., first-aid, CPR, bloodborne pathogens, drug-free workplace)

Injury prevention and health/safety programs conducted at the workplace and on-site health programs and screenings provide employers and employees with the knowledge they need to prevent injury and disease. Evaluations of current health status, with recommendations as necessary, are also offered.

## Health Programs

Health programs involve group education and training designed to maintain and improve the health status of employees through heightened awareness of good health, safety and injury response practices. Programs are divided into two categories: injury prevention and health promotion.

### Injury Prevention Training

- Back injury prevention seminars
- First aid and bloodborne pathogen training
- Automated External Defibrillator (AED) training
- Cardiopulmonary resuscitation (CPR) training
- Other programs available upon request

### Healthy Promotion Workshops

- Healthy heart programs (i.e., cholesterol awareness, good nutrition)
- Stress management programs
- Weight management programs
- Alcohol and drug abuse awareness programs
- Smoking cessation programs
- Work and family management programs
- Other programs available upon request or may be custom designed for optimal results

All injury prevention and health promotion programs are facilitated by practicing professionals who are experienced presenters on the selected topics. All programs can be conducted at the workplace.

## Health Screenings

Health screenings are designed to maintain and improve employee health by identifying risks and providing education to encourage a positive lifestyle. Screenings can be performed at the workplace to accommodate time constraints and maximize employee participation.

### Screenings include:

- Back strength evaluation
- Blood pressure checks
- Body composition analysis
- Cancer detection (i.e., breast, colon, prostate)
- Fitness testing
- Health wellness appraisal
- Adult immunizations (i.e., hepatitis B, flu, tetanus)
- Laboratory tests (i.e., cholesterol, glucose)
- Pulmonary function testing
- Vision screening
- Biometric screening to include: height, weight, blood pressure, waist circumference, lipid panel and glucose



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