CORPORATE WELLNESS
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Prices and availability are subject to change. For information, Call Kettering Health Network Community Outreach at (937) 558-3988.
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[ CORPORATE WELLNESS ]

Kettering Health Network’s Corporate Wellness team is comprised of Registered Nurses, Registered Dietitians, and Certified Exercise Physiologists to help your organization achieve its wellness goals.

Each specialization provides the individual with a comprehensive review of results and recommendations for improvement. Our goals are to provide each individual with a personalized experience, information, and tools to create positive change.

In addition, our team is available to work in conjunction with your wellness committee to help customize and optimize your wellness plan.

[ BIOMETRIC SCREENINGS & ASSESSMENTS ]

Each screening offers an in depth review of results and plan specific to the individual.

Biometric Screening Package
The biometric screening package includes the following components: Lipid profile plus glucose, body mass index, waist circumference, blood pressure, and educational results review with a certified health care professional. The one-on-one private review addresses individual needs and resources for change. **Cost: $32 per person.**

Health Risk Assessment (HRA) Screening Package
The HRA screening package includes the biometric screening package plus a comprehensive 60 question profile. The profile includes lifestyle and behavior questions. When combined with the biometric data, it gives the individual a comprehensive look at their health risks in a personalized report. An executive summary is provided to administration and includes a customized aggregate report identifying high risk areas of concern. This base of information is used to build an effective wellness program tailored to those specific areas of concern. **Cost: $37 per person.**

Blood Lipids and Glucose Screening
The screening provides a total lipid profile including total cholesterol, HDL, LDL, triglycerides, and blood glucose. This requires a 12-hour fast and is performed with a simple finger stick. Results are immediate and results review is provided by a Kettering Health Network healthcare professional. **Cost: $27 per person.**

Hemoglobin A1c
Nearly one-third of those with diabetes are unaware that they have the disease. The A1c measures the person’s average blood glucose control for the past two months. This test is performed by a finger stick and the results are immediate.

This test is offered in three different ways:
- All participants receive the test
- Performed on only those participants with an abnormal fasting glucose number
- As the only test offered to participants

**Cost: $15 per person.** ($10 per person when scheduled with biometric screening)
Blood Pressure
Blood pressure screenings are provided on-site at your facility. Educational review and literature will be provided.
Cost: $35 per hour. Minimum two hour charge.

Body Mass Index
Body mass index (BMI) is a number that is calculated from a person’s weight and height. BMI is a good indicator of healthy or unhealthy body weight for men and women regardless of body frame size and is used to screen for weight categories that may lead to health problems.
Cost: $35 per hour. Minimum two hour charge.

Body Composition Analysis
Lean versus fat weight is determined using a bioelectrical impedance machine. Height, weight, and Body Mass Index (BMI) are also calculated. Results are immediate. Recommendations for fat loss are provided by a Kettering Health Network healthcare professional.
Cost: $5 per person.

Waist Circumference
Increased abdominal fat is associated with increased risk of heart disease and diabetes. Waist circumference will be measured and compared to recommended values.
Cost: $5 per person.

Healthy Arteries Screening
Learn your vascular age and stroke risk. Your arteries can show your risk. Non-invasive ultrasound screening shows early artery thickening, plaque and abnormal blood flow in the arteries prone to plaque. This screening is for anyone age 40 or over, younger if you have family history of heart disease, have abnormal cholesterol, or diabetes. Various screening packages available.
Cost: $60-$139 per person.

Metabolic Syndrome Screening
Metabolic syndrome is characterized by a cluster of risk factors, including abnormal obesity, elevated blood pressure, insulin resistance, low HDL (good) cholesterol and high blood fats (triglycerides). People with metabolic syndrome are at a higher risk of heart disease, stroke, and type 2 diabetes. This screening will consist of a total lipid profile plus glucose, blood pressure, height, weight, waist circumference, and same day results review and education. A 12-hour fast is required.
Cost: $32 per person.

[ OTHER SCREENINGS AND ASSESSMENTS ]

Osteoporosis Screening
This screening will measure bone loss using state-of-the-art ultrasound technology. This test takes less than ten minutes. Results are immediate and will be reviewed with a Kettering Health Network healthcare professional. This test is not appropriate for anyone who has had a positive DXA scan or has been diagnosed with osteoporosis.
Cost: $10 per person.

Heart Print Screening
This is also known as EKG and provides information about the electrical activity of the heart. This is kept on file so that it can be used as a baseline for future reference. Results are confirmed by a cardiologist and then mailed to each participant.
Cost: $15 per person.

Vision Screening
Will help identify problems related to vision. This includes a screening of near and distant vision, field of view, contrast, eye movement and a functional impact survey.
Cost: Varies based upon requested test.

Strength Testing
Strength is an important component of fitness. This strength test uses a dynamometer to measure general upper body strength. Results are reviewed with an exercise physiologist who will give suggestions on strength training exercises for improvement.
Cost: $5 per person.

Flexibility Screening
Individuals with lack of lower back and hamstring flexibility are more prone to low back pain this sit and reach test will measure flexibility in those areas. An exercise physiologist will review the results and recommend stretching exercises.
Cost: $5 per person.

Metabolic Efficiency
Metabolic Efficiency program determines how many calories your body burns, and then assists you in balancing your calories from food intake with calories used during physical activity. With this information exercise physiologists and dietitians can assist you in personalizing a plan to achieve your weight goals.
Cost: $150 per person.

Prices and availability are subject to change.
For information, call Kettering Health Network Community Outreach at (937) 558-3988.
CPR - Adult, Child, and Infant/First Aid/AED Training
By taking this class, you will become certified in adult, child, and infant CPR, First Aid, and AED use. An AED is an Automatic External Defibrillator and every minute of early defibrillation of a victim increases the chances of survival by 10%. Learning and becoming certified in CPR, First Aid, and AED use could save a life! Classes are taught on-site and require a minimum of eight participants. Cost: $45 per person.

[ WELLNESS AND HEALTH FAIR BOOTHs ]

Alcohol and Your Health
This interactive awareness booth looks at the short and long term effect of alcohol consumption on health. Individuals can test their knowledge of alcohol consumption on physical performance, weight maintenance, as well as facts vs. myths. When using the goggles the booth focuses on coordination and judgment when drinking. Cost: $35 per hour.

Bone Health
The Department of Health and Human Services estimates that by 2020, half of all Americans over age 50 will have weakened bones because of unhealthy diet and lifestyle. The osteoporosis awareness booth uses visual aids to educate on the importance of bone health and tips for improvement through nutrition and exercise. Cost: $35 per hour.

Cancer Awareness
This booth focuses on age and gender specific screening guidelines. Tips on lowering your risk are provided by a Kettering Health Network Healthcare provider. Specific focus areas can be requested: breast, prostate, colon. Cost: $35 per hour.

Chair Massage
Chair massage is a great way to relax tense and aching muscles and invigorate both mind and body. Each massage is done fully clothed in a special massage chair. Cost: $65 per hour.

Exercise
An exercise physiologist will discuss guidelines and principles of a well balance exercise routine. Demonstration on proper form will be provided. This booth can have an emphasis on any of the following key areas:

- Desk exercises
- Body weight exercises / exercising at home
- Resistance training
- Weight management and exercise
- General fitness

Cost: $35 per hour.
Beating Germs Hands Down
The Center for Disease Control (CDC) states that “Hand washing is the single most important means of preventing the spread of infection”. This interactive presentation teaches the fundamentals of proper hand washing technique. Areas missed in routine hand washing will glow brightly under the special black light. This is an opportunity to improve technique, educate about the importance of washing hands, and protect the health of your employees. This is a great booth around flu season. **Cost: $35 per hour.**

Healthy Back
Back problems arise for a variety of reasons. A healthcare professional from Kettering Sports Medicine Center will provide instruction on proper lifting techniques as well as stretching and strengthening for key areas. Health back literature and tips will be provided. **Cost: $35 per hour.**

Health Wheel / Plinko
This fun, interactive, and educational booth quizzes participants on their health knowledge while educating on health and wellness topics. Specific topics can be requested. **Cost: $35 per hour.**

Heart Risk Scale
Using visual aids, a Kettering Health Network healthcare professional will provide information on modifiable cardiovascular risk factors and tips for risk reductions. Participants use a scale to quantify their individual risk. **Cost $35 per hour.**

Nutrition
This booth uses multiple visual displays to educate on proper portion size, fat, sugar or carbohydrate content of foods, MyPlate, and label reading. A specific nutritional focus can be requested.
- Sugar Shockers
- Key to Carbs
- Portion Distortion
- My Plate
**Cost: $35 per hour.**

Diabetes
Pre Diabetes
Using literature and visual aids, a registered nurse will provide information on modifiable diabetes risk factors and lifestyle tips for risk reduction. **Cost: $35 per hour.**

A1c
Nearly one-third of those with diabetes are unaware that they have the disease. An A1c test measures a person’s average blood sugar for the past 2-3 months and can be used to identify pre diabetes and diabetes. A Kettering Health Network Registered Nurse will use visual aids and literature to discuss the importance of having an A1c test. **Cost: $35 per hour.**

Sleep Well
Many of us do not get the amount or quality of sleep we need. This display will discuss the many negative health effects that come with lack of sleep. Healthy sleep tips will be provided. **Cost: $35 per hour.**

Stress Awareness
Stress impacts many aspects of our health. “Stress Dots” have the ability to change colors and will monitor and show how much stress or relaxation one is experiencing from minute to minute. This bio-feedback tool will help the participant understand the effects of stress on the body. This is a great tool for teaching stress reduction techniques. **Cost: $35 per hour.**

Sun Exposure Awareness
Unseen damage is hidden under the top layer of the skin and revealed under our Sun Damage black light equipment. The damaged skin, caused by unprotected exposure to the sun’s ultraviolet rays, is seen by the participant. We take this opportunity to educate about skin cancer and tips for reducing risk by using sun screen lotions, clothing, and headwear. **Cost: $35 per hour.**

Tobacco Awareness
This very visual booth shows the harmful effects of both smoke and smokeless tobacco use. We take this opportunity to educate on the negative health outcomes and provide tips for quitting tobacco use. **Cost: $35 per hour.**

Prices and availability are subject to change.
For information, call Kettering Health Network Community Outreach at (937) 558-3988.
Data Collection, Tracking, and Reporting
Biometric data collection, participant tracking, and aggregate reporting. **Cost: $5 per person per contract year.**

Executive Health Evaluations
Executive Health Evaluations program at Kettering Medical Center, offers a variety of screening packages for your executive physicals. Call (937) 395-8173 or visit ketteringhealth.org/ehe/ for more information.

Office Ergonomics
Professional staff from the Kettering Sports Medicine Center will perform an ergonomic study at your facility and give recommendations for change. Cost is based upon size of facility.

One on One - Nutrition Education
Educating employees on pertinent nutrition topics has positive outcomes on their health and lifestyle. Healthy eating topics in a group format work well for awareness; however, employees often experience greater lifestyle changes from individual nutrition sessions.

Our dietitian can come to your location one day per week for a set period of time to work with employees in one-on-one sessions. Each session would have nutrition education and goal setting. Employees would have the opportunity to return monthly in an effort to work towards their health goals.

Days of service, frequency, and cost can be established by contacting Kettering Health Corporate Wellness Coordinator.

Personal Training
A certified exercise physiologist can provide small group or individual training at your fitness facility. Cost varies depending on group size.

Physician Referral
The physician referral service provides the community with quick access to information on physicians, medical facilities, and services within the Kettering Health Network. Call (937) 752-2163 or visit ketteringphysiciannetwork.org. The Physician Hospital Alliance is a group of Kettering Health Network affiliated physicians which combines resources to increase efficiencies and improve health care in the local community. Visit ketteringhealth.org/findaphysician

Kettering Health Network supports the freedom of choice of patients to choose their healthcare provider free from restraint or duress with no consideration of referrals.
These presentations are designed to promote mental and physical health. Kettering Health Network’s professional healthcare staff present topics of specific interest to your organization and highlight risk reduction strategies. Review our list of presentation topics on pages 9-10 or visit ketteringhealth.org/communityoutreach/corporatewellness

Cost: $125 per presentation.

[ NUTRITION ]

Real Life Nutrition
To make healthy food choices we need to understand MyPlate and also how to understand food labels. Join us for this seminar and learn how to make healthy and nutritional food choices in Real Life. Taught by a Kettering Health Network healthcare professional.

Eat Right for Health
Did you know the food we eat can have a lasting impact on our health and well-being? What we eat can influence our risk of heart disease, cancer and diabetes. Take active control of your health by eating more lean proteins, colorful fruits and vegetables, complex carbohydrates, and healthy fats. Learn how to work towards eating less processed and convenience foods. Eat right to be well. Taught by a Kettering Health Network healthcare professional.

Food and Mood
Did you know that certain foods tweak our brain chemistry and help us stay happy, energized, and even calm? In addition, our mood impacts the food we eat! Learn strategies to improve mood such as eating regularly, eat more whole, unprocessed foods, and high quality carbohydrates and more! Learn about the hormones and chemicals that are impacted by foods that we eat and how to manage your food and mood in the most optimal way for better health, increased energy, and overall well-being. Taught by a Kettering Health Network healthcare professional.

Intuitive Eating
Are you tired of dieting and restrictive eating? Do you know the dangers of restrictive dieting and consequences of weight cycling? Are you ready to learn how to eat more mindfully and intuitively? Your body has the wisdom to know when you are hungry or full. Intuitive Eating helps you find the weight that is right for you while focusing on increasing joy, pleasure, and satisfaction of eating wholesome, great tasting food. Increase your ability to tune into your body's needs; identifying hunger and satiety cues. Learn how to make peace with food and how to cope with emotions without food. Taught by a Kettering Health Network healthcare professional.

Eating Mobile
Many people live fast paced lives and desire to eat healthier, well balanced meals but just can't find the time! In this class, you will learn how to prepare nutritious meals and snacks that take only a few minutes to fix. Learn how to plan ahead so you always have items on hand to prepare your own “take out” meal! Learn calorie and fat saving tips for eating out and criteria to use in selecting the most nutritious convenience foods. Taught by a Kettering Health Network healthcare professional.

Prices and availability are subject to change.
For information, call Kettering Health Network Community Outreach at (937) 558-3988.
Eat Right to Feel Your Best - Super Foods
Often we are told all the food we should NOT eat. Join a Kettering Health Network dietitian for a discussion on a positive approach to eating. You are what you eat, enjoy the best foods for your health.

Debunking Food and Nutrition Myths
Confused about what to eat and what not to eat? Bombarded with nutrition claims? Join a Kettering Health Network registered dietician for a discussion on Debunking Food and Nutrition Myths and learn the scientific truth on what foods promote good health.

HEART HEALTH

Matters of the Heart
Learn what matters when it comes to heart disease and some simple but significant steps you can take to improve heart health. Taught by a Kettering Health Network Center for Heart and Vascular Health registered nurse.

Managing Blood Pressure/Salt
High blood pressure is a risk factor for coronary heart disease. Come learn about high blood pressure, why it is a risk factor for coronary heart disease, how to manage it, and the role of salt in this process. Taught by a Kettering Health Network healthcare professional.

PHYSICAL ACTIVITY

A Healthier You in Just 10
10 minutes? 10 easy steps? Find out ways to achieve a healthier you. Learn tips on making healthy choices, and exercises you can do at home to improve your fitness. Taught by a Kettering Health Network exercise physiologist.

Fitness Fundamentals
Learn the fundamentals of exercise and the basic components of any exercise program. Learn tips on starting safely, setting goals, and sticking with your program. Taught by a Kettering Health Network exercise physiologist.

No Equipment? No Problem!
Want to get fit without purchasing a gym membership or expensive equipment? Learn how to use body weight and minimal equipment to gain maximum fitness benefits. Taught by a Kettering Health Network exercise physiologist.

Change It Up
Have you been working out but nothing is changing? Find out new and innovative techniques to revamp your exercise routine for optimal results. Taught by a Kettering Health Network exercise physiologist.

Yoga Demos
A certified yoga instructor will discuss the benefits of yoga and lead a demonstration of beginner yoga moves.

GENERAL HEALTH

Women’s Health
This program focuses on the areas of health that are uniquely important to women. You get your regular check-ups, mammogram and Pap smear, but is that enough? Find out what every woman can do to improve her health throughout each decade of her life. Taught by a Kettering Health Network healthcare professional.

Stress Detox
Stress is inevitable in our lives and impacts each person in a different way. Some lose sleep. Some overeat. Some lose their temper. Learn the many ways that stress affect the body and techniques you can use to cope. Taught by a Kettering Health Network healthcare professional.

Working in Partnership with Your Physician
How well you and your doctor talk to each other is an important part of receiving good health care. However, talking to your doctor is not always easy. A Kettering Health Network registered nurse will guide you through the process from choosing a doctor, preparing for a doctor’s visit, and how to effectively communicate with your doctor.
<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>PRICE</th>
<th>DETAILS</th>
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<tbody>
<tr>
<td><strong>Screenings</strong></td>
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<tr>
<td>Back Analysis</td>
<td>$35 per hour</td>
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<tr>
<td>Biometric Screening Package</td>
<td>$32 per person</td>
<td>Lipid profile, glucose, BMI, waist circumference, blood pressure, and counseling</td>
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<td>Blood Pressure</td>
<td>$35 per hour</td>
<td>Two hour minimum</td>
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<td>Blood Lipid and Glucose Screening</td>
<td>$27 per hour</td>
<td>With educational results review</td>
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<tr>
<td>Body Composition Analysis</td>
<td>$5 per person</td>
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<td>Body Mass Index</td>
<td>$35 per hour</td>
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<tr>
<td>Flexibility Testing</td>
<td>$5 per person</td>
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<tr>
<td>Healthy Arteries Screening Package</td>
<td>$139 per person</td>
<td>For all tests</td>
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<td></td>
<td>$90 per person</td>
<td>For CIMT and carotid ultrasound only</td>
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<td></td>
<td>$60 per person</td>
<td>For a single test</td>
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<tr>
<td>Health Risk Assessment-Online</td>
<td>$5 per person</td>
<td>Online questionnaire with aggregate report</td>
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<td>Health Risk Assessment (HRA)-Package</td>
<td>$37 per person</td>
<td>Biometric screening package plus comprehensive questionnaire with an aggregate report</td>
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<td>Heart Print Screening</td>
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<td>Vision Screening</td>
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<td>Waist Circumference</td>
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<td><strong>Educational Programs</strong></td>
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<td>CPR-Adult, Child, and Infant First Aid/AED Training</td>
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<td>Presentations</td>
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<td><strong>Wellness and Health Fair Booths</strong></td>
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<td>A1c Awareness</td>
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<td>No charge</td>
<td>Call (937) 752-2163 or (844) 254-6742</td>
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<td>Specific Topic Presentations</td>
<td>$125 per presentation</td>
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Kettering Medical Center
3535 Southern Boulevard
Kettering, Ohio 45429
(937) 298-4331

Grandview Medical Center
405 West Grand Avenue
Dayton, Ohio 45405
(937) 723-3200

Sycamore Medical Center
4000 Miamisburg-Centerville Road
Miamisburg, Ohio 45342-3696
(937) 866-0551

Soin Medical Center
3535 Pentagon Boulevard
Beavercreek, Ohio 45431
(937) 702-4000

Southview Medical Center
1997 Miamisburg-Centerville Road
Centerville, Ohio 45459
(937) 439-6000

Greene Memorial Hospital
1141 North Monroe Drive
Xenia, Ohio 45385
(937) 352-2000

Fort Hamilton Hospital
630 Eaton Avenue
Hamilton, Ohio 45013
(513) 867-2000