

*Say hello to a
better screening
experience.*

TOTALWELLNESS

If you're reading this...

...odds are you're interested in helping your employees improve their health. Well that's great because we are too!

Building a wellness program to help improve the health of your workforce is an excellent investment in your employees and ultimately your company's productivity. Your wellness program should start with analyzing the current health of your workforce. One excellent way to do this is by setting up a biometric screening event.

A biometric screening might sound super complicated, but it can be really simple for you and your employees. Basically, this type of event is run by healthcare professionals. They measure a variety of health metrics with your employees including height and weight, blood pressure, cholesterol, and blood glucose.

These events are important for a few reasons:

1. They provide a **starting point** for your wellness program. You can't observe improvement if you don't know where you started. Having these baseline results helps you measure changes next time you do a screening.
2. They help employees **understand** their own health. Throughout the event, participants are shown their results and given opportunities to ask questions about their health. This allows a safe, convenient space to start a conversation about wellness.
3. They illuminate **trends**. Employers receive aggregate results of their screening event. This allows them to analyze the results and recognize any trends that can be addressed at the corporate level.

1 *Starting a Program*

2 *Employee Understanding*

3 *Discover Health Trends*

Essentially, as an employer you want to use the results you receive from a screening event to determine the direction your wellness program should go.

Your employees' private information should be kept safe, but aggregate—or group—results can help you to provide solutions to common workplace health problems. A biometric screening serves as the foundation for your corporate wellness program, which are becoming more common among all kinds of companies.

In 2011, 62% of large employers offered biometric screenings to their employees. It can be difficult, however, to get employees to attend screening events. Of the companies that offer wellness program screenings, 63% say employee engagement is their most common challenge.

In fact, a study by Lippincott Williams and Wilkins showed that in the first year of on-site screenings, an employer can expect only 30% participation because many employees tend to walk away feeling overwhelmed, frustrated or even disappointed in their health.

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30%

participation is typical in a company's first year of screening events.

...many employees tend to walk away feeling overwhelmed, frustrated or even disappointed in their health.

And that's where we come in...

Here at TotalWellness, we're out to change the stigma surrounding corporate wellness. We offer a number of solutions to help you build an employee wellness program, and one of those solutions is our biometric screening events.

Our screenings are offered nationwide, and provide a unique experience for your participants. We'll help you get the most of your screening because we offer:

- On-Site Event Coordinator
- Marketing Materials
- Online Appointment System
- Fingerstick or Blood Draw
- Cholesterol & Glucose test with readings on Total Cholesterol (TC), HDL Cholesterol, LDL Cholesterol, TC/HDL Ratio, Triglycerides, and Glucose
- Blood Pressure
- Height/Weight/Body Mass Index (BMI)
- Waist Circumference
- Health Education Counseling
- Aggregate-Level Reporting
- Transferring of data to third-party vendor

We present your employees' results to them on-site with our fingerstick testing, and can even run events with our secure tablet system to streamline the data collection process. Essentially, we handle the planning, collection and explanation of all the screening data, so you don't have to do a thing. This way, you can focus on what to take away from the results and how to improve the health of your employees.



*Major
Health
Metrics*



*Efficient
Data
Collection*



*Digital
Collection
Capability*

We believe everyone is healthy.

Whether it's walking the dog, or eating a healthy breakfast. We know everyone has at least one healthy habit in their life. It's our goal to work with your employees to find those habits and build on them to create healthier, happier lifestyles.

Aside from the (sometimes boring and confusing) data processes, we also provide a positive environment for your employees to learn about their health. We want to help you help them stay motivated.

We know that the key to motivation doesn't come from scare tactics, which is why our positive environment is one of a kind. At TotalWellness, we believe that everyone is healthy. It's our goal to work with every participant to find healthy habits in their lives, so they can learn to build off of them to develop more healthy habits. We know that health goes beyond the gym, and we want your employees to know that too.

This positive environment is different than what you'll find in most health screening settings. Many screening events focus on what is wrong with an individual, and their risk factors. These scare tactics provide a short term burst of motivation, but that drive wears off when the fear subsides.

We avoid these negative perceptions and loss of motivation by seeking out positive behaviors and helping participants learn how to spread those behaviors into areas that need improvement. For us, healthy habits can range from a getting a full night's sleep, to walking the dog, to running a marathon. Everyone is healthy, and we will help your employees realize that they are too.

So what can you expect from our screenings?

To get the logistics out of the way, first you can expect **aggregate results** from your screenings. As we mentioned earlier, these group results can show you a lot about your company by helping you determine which areas are doing well and which need improvement. This can drive your decisions on what kind of activities, incentives or assistance to offer as part of your wellness program.

Second, you can expect a **prepared workforce**. Our positive approach to wellness helps to ensure long-term motivation towards achieving health goals. Alongside their newfound motivation, your employees will have the knowledge to make changes. Our health professionals are ready and willing to answer any questions throughout your screening event. They will help participants to know exactly what each result means, and will brainstorm with them ideas of how to improve or maintain their health status.

With these two key screening results, you will have a **solid foundation** on which to build your wellness program. As an employer, you'll have the information you need to provide resources to your workforce. On the flip-side, your employees will have the drive to take part which will boost your wellness program engagement, and really help you see health improvements throughout your company.



It's plain and simple.

The “what we do” is important when it comes to biometric screenings, but it’s the “how we do it” that makes us different.

We deliver better results because we use a better approach.

It starts with our core belief that everyone – yes, everyone, is healthy. From walking the dog to enjoying strawberries for breakfast, every person has at least one healthy habit in their life. At TotalWellness, our goal is to help people identify those habits and show them ways to incorporate more of them into their daily routine.

We have the most qualified professionals in the industry.

At TotalWellness, we employ a scalable, accessible and carefully selected network of over 6,000 health professionals in the United States. Our health professionals have a passion for wellness. They'll speak sincerely with each individual about what their screening results mean and how they might improve them.

Our events are simple, straightforward, and easy.

No one wants to deal with things that are complicated – which is why our on-site coordinators specialize in providing a seamless and worry-free screening event. With TotalWellness, you can rest assured that every little detail will be covered.

We're here, there, and everywhere.

No matter where you need to hold your next screening event, TotalWellness has a flexible delivery method that can work for your company. In addition to hosting on-site events, our unique voucher programs make serving remote employees easy and affordable.

Well, what are you waiting for?

After all this talk about gearing up for better health, we know you're itching to get started, and we'd love to hear from you! To set up your biometric screening, check out the details on our website TotalWellnessHealth.com/biometric-screening, or give us a call.

If you have any other questions about the process, our services or how to get started with your wellness program, don't hesitate to get in touch with us. We want to help you inspire your employees to live healthier, happier lives.

If you're with us, welcome to the bright side.

TotalWellness
9320 H Court | Omaha, NE 68127
news@totalwellnesshealth.com
1.888.434.4358

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