



# CORPORATE WELLNESS PROGRAM



Memorial  

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Health & Lifestyle Center<sup>SM</sup>



# WELLNESS

Wellness has become an increasingly relevant issue in companies large and small as organizations have come to realize how proactively addressing health and wellness in staff contributes to the effectiveness, sustainability, profit margins, and cost reductions of their mission.

Memorial Health System, in conjunction with the Memorial Health & Lifestyle Center, have created a unique, comprehensive approach designed to meet the unique needs of each organization, while addressing the important issue of resource availability in the development of an effective wellness program.



# Memorial

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## Health & Lifestyle Center<sup>SM</sup>

111 West Jefferson Boulevard  
Suite 300, South Bend, Indiana 46601

574-647-2653

[www.healthandlifestylecenter.org](http://www.healthandlifestylecenter.org)

# HEALTH RISK APPRAISAL (HRA)

The gold standard for employee wellness programs, the HRA is a fantastic introductory service that works as a powerful supporting initiative for more complete wellness packages. Some experts in employee wellness believe this to be the single most effective tool available for impacting the health of your organization.

A unique Personal Wellness Profile™ is created for each employee that outlines his or her personal health history, family history, wellness goals and exercise goals. In addition to providing detailed reports to each of your staff members, an aggregate report is also generated to provide you with an overall view of the health of your greatest asset, your employees. This becomes an excellent comparative data tool as you become more involved in wellness.

Confidentiality is an absolute must when offering HRAs to your employees; many may express concern that their employer will gain access to private health information. As a medically based facility, the Memorial Health & Lifestyle Center is well acquainted with privacy and confidentiality regulations and makes certain that all gathered information is shared with only that employee. An aggregate report is generated for the employer to provide useful comparative data; however, no identifying information is included.

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# CORPORATE MEMBERSHIP

Conveniently located in the heart of downtown South Bend, discounted membership options to the Memorial Health & Lifestyle Center are available to local businesses. As the area's only medically based facility, as well as the most complete, full-service fitness center in Michiana, the Health & Lifestyle Center represents a true commitment to employee wellness that is unmistakable.

Plans exist for employers with ten (10) or fewer employees as well as larger organizations. By paying a one-time enrollment fee for the company, all current and future employees can start a club membership at a significant savings. A nominal annual maintenance fee and monthly dues apply.

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# WEIGHT MANAGEMENT PROGRAM

Over a third of the adult population in the United States is now classified as overweight or obese. The impact this is having on business—from insurance rates to lost productivity and absenteeism—is astounding. Business leaders are discovering that proactively addressing this problem can positively impact the bottom line.

To address this issue comprehensively requires nutritional coaching and exercise facilitation. We have created an inexpensive, introductory program that meets both criteria.

Over the course of six weeks, we host three weekly group sessions with your team. Two of these sessions are with a fitness specialist who will coordinate an exercise class geared to meet the weight loss and general wellness needs of the participants. This is tied directly to a once per week meeting with a Registered Dietitian offered through Memorial Health System.

Participants will receive, and are encouraged to complete, weekly exercise and food journals, along with a weekly weigh-in.

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# CLINICAL SCREENINGS

Baseline information is a critical tool not only for assessing individual health, but also in establishing the effectiveness of any wellness program. To meet that need, we provide a host of testing measures that can be selected a la carte, or as a complete package. These include:

- Core Measurements: Height, weight, resting pulse, waist circumference
- Body Mass Index and Percentage of Body Fat testing
- Blood Pressure
- Cholesterol: Total, HDL, LDL, VLDL
- Triglycerides and Glucose

## Terminology

*Total Cholesterol:* A single value representing the amounts of both good and bad cholesterol. Typically, a value of 200 mg/dL or less is desirable.

*HDL Cholesterol:* HDL (High Density Lipoprotein) Cholesterol helps to clear excess lipids from the arteries and, as such, is often called the “good” cholesterol. An HDL of 60 mg/dL or higher is beneficial in reducing the risk of heart disease.

*LDL Cholesterol:* LDL (Low Density Lipoprotein) Cholesterol contributes to the build-up of fat deposits in the arterial walls (arteriosclerosis) and is, therefore, viewed as “bad” cholesterol. An LDL of less than 130 mg/dL is generally desirable.

*Triglycerides:* Triglycerides are composed of fatty acids and glycerol that circulate in the blood, but are stored in body fat. Elevated triglycerides may be a risk factor for atherosclerosis, a disease of the arterial blood vessels marked by chronic inflammation of artery walls. Levels should be below 250.

*VLDL Cholesterol:* VLDL (Very Low Density Lipoprotein) Cholesterol typically represents 10-15% of total cholesterol and contributes to the buildup of triglycerides.

*Glucose:* Glucose testing measures the sugar levels in the blood. High blood sugar levels can have very serious long-term health consequences; fasting glucose levels should be below 100.

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# CLINICAL SCREENINGS

## Select from the following testing options:

- Total Cholesterol
- Total Cholesterol and Glucose
- Total Cholesterol and HDL Cholesterol
- Total Cholesterol, HDL Cholesterol, and Glucose
- Total Cholesterol, HDL & LDL Cholesterol, VLDL Cholesterol, and Triglycerides
- Total Cholesterol, HDL & LDL Cholesterol, VLDL Cholesterol, Triglycerides, and Glucose

Depending on your circumstances, a complete work-up of all these tests can be generated for each employee—or a focus on specific areas can be created. *Results are available within minutes, no long waits or follow-up appointments are necessary!*

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# LITE LUNCH & HEAVY LEARN

Quick informational sessions can be an easy-in, easy-out way to raise awareness within your organization about health-related matters. We offer a long list of presentations that speak to a broad audience or, if you prefer, we are pleased to tailor a talk that speaks specifically to your team. Examples of commonly requested sessions include:

- Cardiovascular Disease and Signs of a Heart Attack
- Beginning an Exercise Program: Don't Ache, Feel Great!
- Food Portions: It's Not What Fits in your Mouth, It's What Fits in your Hand
- Exercise Errors: Your Junior High Phys Ed Teacher Could've Been Wrong!
- Take Five: How Five Minutes a Day can Improve Your Lower Back and More
- Living is Killing Me: Stress Management Strategies
- It's All in the Numbers: Understanding Body Fat Percentages, Metabolic Rates, and BMI
- Put Some Sole Into It!: Walking Programs

Contact us for a more complete listing of seminars.

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# ON LOCATION MASSAGE THERAPY

Whether it's a reward for a big project completed, or a regular part of your company culture, providing on-location massage therapy is a powerful way to demonstrate your commitment to employee wellness and satisfaction.

Our specially trained massage therapists are experienced in a wide range of massage types including: relaxation, sports, neuromuscular, facial-hand-foot, healing touch and pressure point.

Regularly scheduled chair massage is also available.

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# EXECUTIVE PHYSICALS

Protect your most valuable resource—your key business partners—by scheduling a physical examination for your executive leaders. Through the combined resources of the Memorial Health & Lifestyle Center and the Memorial Sports Medicine Institute, this half-day examination yields valuable information through a series of eleven (11) assessments and a one-on-one physician consultation.

## **Assessments performed include:**

- Physical Exam
- General Health Panel
- Lipid Panel
- Pure Tone Audiometry
- Vision Screening
- Spirometry
- Chest X-Ray (one view)
- Urinalysis
- 2-Lead Treadmill Stress Test and Resting EKG
- Fitness Assessment
- HealthLogic Health Risk Appraisal

*Colonoscopy and PSA (standard for male clients) screenings are also available, upon request.*

Perhaps best of all, each Executive Physical concludes with a 30-minute massage!

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# SPECIALTY PROGRAMMING

Broaden your concept of employee wellness through team-building exercises available at the Memorial Health & Lifestyle Center. Let us pull together a basketball league, racquetball tournament, or group fitness class designed exclusively for your staff. If you prefer, we can even schedule group fitness classes at your location. Beyond just the physical and mental benefits associated with exercise, you'll recall the old adage that "The family that plays together, stays together!"

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# PROGRAM & FACILITY CONSULTING

Are you considering implementing on-site wellness programming, perhaps even developing a fitness facility? Maybe basic testing measures are your interest level right now. Whatever the case, our extraordinary team of professionals has over 50 years of combined experience in programming for wellness and operating fitness centers.

From start to finish, we assess your needs and operate within your available resources to create programs and facilities that will meet your Return on Investment expectations. Meet with us first in a no-cost, no obligation setting to determine how we can best serve you. Even if you're dipping your toe into wellness for the first time through an introductory offering to your employees, let us help you by presenting all your options and strategically planning a long-term solution.

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# CORPORATE SERVICE RATES

Health Risk Appraisals ..... \$17.50 each

## Corporate Membership\*

Fewer than 10 employees

One-time fee ..... \$900

~~Annual maintenance fee ..... \$150~~

10 or more employees

One-time fee ..... \$1800

~~Annual maintenance fee ..... \$300~~

\* Monthly dues apply

Weight Management Program ..... \$199/person (minimum of 6)

## Testing and Clinical Screenings

Body Fat Percentage and Body Mass Index ..... \$5 each

Resting Blood Pressure ..... \$5 each

Grip Strength Test ..... \$5 each

Resting Metabolic Rate ..... \$50 each

Total Cholesterol ..... \$10 each

Total Cholesterol and Glucose ..... \$18.50 each

Total and HDL Cholesterol ..... \$22.50 each

Total and HDL Cholesterol and Glucose ..... \$24.50 each

Total/HDL/LDL/VLDL Cholesterol and Triglycerides ..... \$26.50 each

Total/HDL/LDL/VLDL Cholesterol, Triglycerides and Glucose ..... \$28.50 each

Lite Lunch & Heavy Learn ..... \$75/hour

On Location Massage Therapy ..... \$75/hour

Executive Physicals ..... \$1,159 each

PSA ..... \$66 each

Colonoscopy ..... \$855 each

Specialty Programming ..... Variable

Program & Facility Consulting ..... Free consult, then \$75/hour

Select any three services and receive a 10% discount. Select four or more and receive a 15% discount.

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