



# WORKPLACE WELLNESS WITH PARKVIEW

Wellness screenings offer more than just convenience to you and your health, you also save on the cost of your annual preventative lab work. Below is an overview of our wellness screening process and a comparison of the costs of Workplace Wellness vs. estimated billed charges through a regular lab order.

## What is a Wellness Screening?

This is a 10-minute appointment held on-site at your place of business and is composed of two steps. In the first step, you will receive a biometric screening with a Parkview Wellness Screener where the following measurements will be taken; height, weight, waist measurement, and blood pressure. For the final step, your Parkview Wellness Screener will complete your on-site blood draw.

## Why should you complete a Wellness Screening?

A Wellness Screening is an important step that allows you to become aware of your health and more knowledgeable about key health factors. These factors include, but are not limited to, blood pressure, weight, BMI, cholesterol and blood glucose. Knowing your numbers and how to keep them in an appropriate range can help you lead a healthy and active lifestyle, as well as prevent future health risks.



## Wellness Screening Lab Options

### PARKVIEW DIAMOND PACKAGE

Your cost:

*Estimated total cost through regular lab order: \$792*

- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Cholesterol/HDL ratio)
- A1c Glycohemoglobin (used to diagnose diabetes)
- Comprehensive Metabolic Panel (CMP): ALT, Alkaline Phosphatase, AST, Bilirubin, Blood Urea Nitrogen (BUN), Calcium, Creatinine, Electrolyte Panel (Carbon Dioxide, Chloride, Potassium, Sodium), Glucose, Protein Fractionation (A/G Ratio; Albumin, Globulin, Protein, Total)
- Complete Blood Count (CBC): White blood cells, red blood cells, hemoglobin, hematocrit, platelets
- TSH (Thyroid Stimulating Hormone)
- PSA (Prostate Specific Antigen) - for males over 55

### EMPLOYEE PACKAGE ADD-ON OPTIONS

- CRP (C-Reactive Protein) - \$12 vs. estimated \$178
- Folate - \$12 vs. estimated \$260
- Iron - \$12 vs. estimated \$162
- Vitamin B-12 - \$12 vs. estimated \$261
- Vitamin D - \$12 vs. estimated \$268



## What is a Health Risk Assessment?

The Health Risk Assessment (HRA) is a short questionnaire that evaluates lifestyle factors and your well-being. This usually takes about 15 minutes to complete and will provide personalized feedback on your current health status, habits, and potential risks based on the information you submitted.

## Why should you complete a Health Risk Assessment?

This report, in addition to your wellness screening, will help you identify personal health factors, including your current status and any health risks. The HRA will further explain current risks and can outline preventative steps to improve your health. Use this report in conjunction with guidance from a Certified Wellness Coach or your doctor to develop a personal wellness program.



## What is a post-screening consultation?

A post-screening consultation is a 15-minute, confidential conversation with a Certified Wellness Coach to gain an understanding of the results collected and what your lab values mean to you.

## Why should you have a post-screening consultation?

The most valuable part of a wellness screening is reviewing your results. Understanding your health status is vital in maintaining and improving your overall wellness. By meeting with a Certified Wellness Coach, you will learn about your current health status and understand the next steps on your wellness journey.

## Review Results

Your lab and biometric results from this screening will be viewable in your Company Wellness Portal account within 24-48 hours following your appointment.

*We encourage you to meet with your primary care provider to review your results.*



For more information about Parkview Workplace Wellness services, visit [Parkview.com/EmployerSolutions](https://Parkview.com/EmployerSolutions).

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