



FOR LIFE

KETTERING HEALTH NETWORK

COMMUNITY WELLNESS FOR LIFE

Program Descriptions and Prices



COMMUNITY WELLNESS *at*
KETTERING
MEDICAL CENTER
KETTERING HEALTH NETWORKSM

SCREENINGS / ASSESSMENTS

Blood Pressure

Blood pressure screenings are provided on site at your facility.

Cost: FREE



Body Fat Analysis

A body fat screening will determine an individual's body fat using the bioelectrical impedance method. A four-hour fast is required. Cost: \$5 per person

Cancer Risk Profile

This profile is a personal look at family and personal health history, health habits and possible ways to reduce risk for certain cancers. Each person will receive a print-out of his/her results and review with a nurse.

Cost: FREE

Cholesterol and Diabetes Screening (Fasting)

This screening provides a total lipid profile including total cholesterol, triglycerides, HDL, LDL and blood glucose. The test requires a 12 hour fast and is done with a simple finger stick. Results are immediate. This screening can be done with or without counseling. Cost: \$21 per person

Non-Fasting Blood Lipid

This non-fasting test includes total cholesterol, HDL and glucose. The test is done with a finger stick and takes approximately 10 minutes.

Cost: \$15 per person

Colon and Rectal Cancer Screening

The American Cancer Society recommends that every man and woman who is age 50 or older have regular screening tests for colon and rectal cancer. A take-home EZ Detect kit looks for hidden blood in the bowel movement which is one possible sign of colon and rectal cancer. Cost: \$5 per person

Depression Screening

With depression one may experience lack of energy, difficulty concentrating and irritability for no apparent reason. Kettering Behavioral Medicine conducts individualized screenings on site at your facility. Each 30 minute appointment includes a depression screening followed up with a consultation by a mental health professional. **Call for Availability.**

Flexibility Testing

Those with a lack of low 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

Gail Model Breast Cancer Risk Assessment

The Gail Model Breast Cancer Risk Assessment is a personal look at selected risk factors for breast cancer. Each woman will receive a copy of her score and review with a nurse. **Call for Availability.**



Osteoporosis Screening

This screening will evaluate bone loss using ultrasound technology. The screening takes less than 10 minutes and results are immediate. This test is not appropriate for anyone who has had a positive DXA Scan or has been diagnosed with osteoporosis. Cost: \$15 per person

Prostate Cancer Screening

The American Cancer Society recommends that men age 50 and older are screened for prostate cancer. A blood draw is required. **Call for Availability.**





Resting Metabolic Rate

Resting metabolic rate is the amount of energy the body uses at rest. Knowing resting metabolic rate helps to determine caloric intake for weight loss / control purposes. The calorimeter is used for this measurement. Body fat analysis is also included in this 30 minute screening and consultation. A four-hour fast is required. **Cost:** \$25 per person

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

Vascular Ultrasound (Stroke Screening)

Thickening of an artery provides the earliest detectable evidence of atherosclerosis. New ultrasound imaging test- Carotid Intima Media Thickness (CIMT) can assess future risk of heart attack by measuring the layers of the carotid artery. This screening provides a physician with valuable new information to assess ones arterial and cardiovascular health. Additional ultrasound tests detect plaque in carotid arteries (neck) and check for poor circulation in the lower extremities. **Cost:** \$119

Wellsource® Health Profiles

Wellsource® is a health assessment series in which participants answer questions online or on a standard questionnaire. The answers are used to generate a health profile that will identify health risks and offer suggestions on how to make improvements. Profile options include nutrition, women and heart disease, stress, health age, cancer, coronary risk profile, exercise, and osteoporosis. The results can be given immediately. **Cost:** \$5 per profile

EDUCATIONAL PROGRAMS

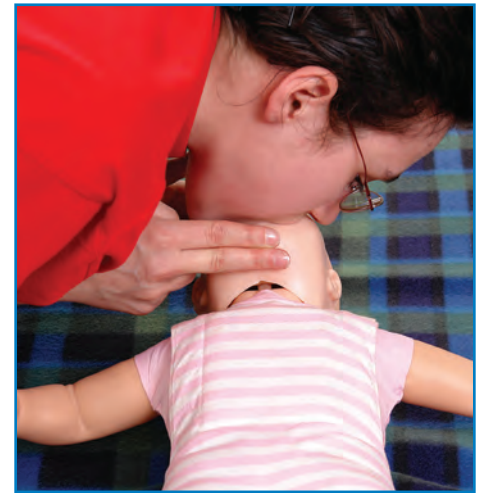
Bloodborne Pathogens

Led by a certified American Red Cross instructor, Bloodborne Pathogens Training helps your organization comply with the training component of OSHA's Bloodborne Pathogens Standard, including OSHA's Needlestick Standard. In about two hours, employees learn vital information about managing a potential exposure to an infectious disease in the workplace. **Cost:** \$20 per person



CPR - Adult, Child, and Infant, First Aid, and AED Training

At least one person in every home should be certified in CPR (Cardiopulmonary Resuscitation). The first aid certification portion of the class covers heat and cold related emergencies, injuries to muscles, bones and joints, injury prevention, burns and bleeding. By passing this class one receives a two year certification in adult, child and infant CPR, First Aid and AED use. **Cost:** \$45 per person



WELLNESS AND HEALTH FAIR BOOTHS

Alcohol Awareness Goggles

This interactive awareness booth will help participants understand the effects of alcohol on coordination, concentration and judgement. The Fatal Vision® Goggles distort vision and cause behaviors that are similar to those exhibited by someone under the influence of alcohol. Simple tasks are performed to demonstrate impairment.

Additional presentation topics available upon request. All events and prices are subject to change.
For information, call KMC Community Wellness at **937-558-3988**



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: \$60 per hour

Exercise

An exercise physiologist will demonstrate variety of exercises along with proper technique. Dumbbells, resistance bands, exercise ball and balance board are used at this display. Desk exercises are also reviewed.

Hand Washing

This interactive presentation teaches the fundamentals of proper hand washing technique. Areas missed in routine hand washing will glow brightly under the special light. This is an opportunity to improve technique, educate about the importance of washing hands and protect the health of your employees. A great interactive display around flu season.

Heart Health Awareness

Using visual aids, a health care professional will provide information on modifiable cardiovascular risk factors and tips for risk reduction. Participants can use tools to quantify their individual risk.

Nutrition

This booth uses multiple visual displays to educate on proper portion size, fat and sugar content of foods, the food pyramid and label reading.

Osteoporosis Awareness/ Bone Health

The Department of Health and Human Services, estimates, that by 2020 half of all Americans over 50 will have weakened bones because of unhealthy diet and lifestyle. This booth uses visual aids to educate the on the importance of bone health, as well as tips for improvement through nutrition and exercise.

Sun Exposure Awareness

Unseen damage is hidden under the top layer of the skin and revealed with our DermaScan. 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 the importance of being protected using sunscreen lotions, clothing and headwear.

Stress Awareness

Stress dots have the ability to change colors and will monitor and show you how much stress or relaxation you are experiencing from minute to minute. This is a great tool for teaching stress reduction techniques.

Wellness Wheel

This educational booth quizzes participants on their health knowledge while educating them on health and wellness topics. Participants receive a prize for correct answers.

SERVICES

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) 384-6950.



937-558-3988

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