ADVOCATE HEALTH

SOLUTIONS for employers

Prevention & Wellness

Delivered by

Atrium Health

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Empowering a greater health impact for your team

Preventable chronic conditions are a major contributor to the costs of health insurance premiums and employee medical claims. In particular, high blood pressure, diabetes, smoking, physical inactivity and obesity cost U.S. employers $36.4 billion a year due to employee absences.*

We have a full range of offerings that complement our on-site solutions and provide a greater health impact for your employees.

*Workplace Health Promotion (cdc.gov)

On-Site Health Screenings

- Customizable health screenings can include:
  - Health risk assessment (HRA) questionnaire
  - Blood pressure and heart rate
  - Cholesterol (fasting and non-fasting options)
  - Blood glucose and A1C (diabetes screening)
  - Weight, waist circumference and body fat
  - Hearing and vision
  - Tuberculosis (TB)
  - Skin cancer
- Screenings help identify risk factors and health concerns — information employees can use to improve their health.
- Aggregate screening result reports are provided to employers along with recommendations.
- Wellness incentive administration is available.

Vaccination Clinics

- Vaccination clinics are available for COVID-19, flu, hepatitis B and more
- Offered as a stand-alone service or part of other on-site wellness or clinic services.
- Vaccination clinics offered at the worksite increase participation and reduce employees' time away from work.

Health Coaching, Events and Education

- Our health coaches use evidence-based motivational interviewing and other strategies to guide employees toward positive behavior changes, leading to lowered health risks and better health.
- Health coaching can be done one-on-one or in small groups, either in person or virtually.
- Used in conjunction with health screening results, health coaching and education can help prevent or reverse preventable conditions such as obesity, high blood pressure and type 2 diabetes.
- We offer classes in nicotine cessation, diabetes prevention, stress management and Mental Health First Aid.

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