



Wellness Resources

- **Online Health Risk Assessment (HRA)** – paper & pen version also available, scientifically designed to measure critical health factors and interpret the current health status of individuals and the group as a whole.
- **Screenings for total cholesterol, full lipid cholesterol, glucose, PSA, blood pressure**
- **Fitness Testing** – onsite for groups
 - ✓ Body composition analysis
 - ✓ Grip strength
 - ✓ Flexibility screening
 - ✓ Cardiovascular screening
- **Worksite wellness consultant** - to provide training and wellness tools for wellness committees
- **Health communications** – newsletters, educational information, e-mail reminders
- **Health coaching** - to motivate individuals and assist in making lifestyle changes
- **Health & wellness displays** - available for rent
- **Health & wellness presentations** - presentations can be tailored to the interests of your group. Please call for more information
- **On-site immunizations**
- **Health Wellness Online** at www.medcenterone.com
The web site provides detailed and reliable information on thousands of illnesses, medications, drug interactions & side effects, medical tests and procedures. You can also complete a free health profile and record/monitor personal medical information. There are also many assessments on topics ranging from healthy eating to depression. There's even a section on quitting tobacco use.

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