



# PARKVIEW'S Business Health PROGRAM

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How Healthy is  
Your Business?

## COSTS

Cost varies depending upon the number of employees participating and the desired components.

Average range is \$25-\$50 per employee. Some aspects of this program may be covered by insurance.

PARKVIEW'S BUSINESS HEALTH PROGRAM IS OFFERED BY THE WELLNESS DEPARTMENT

CALL (207)-373-2162



## GET STARTED

Call 373-2162 for more information or to schedule an assessment. You and your employees will be glad you did.

Let Parkview help you  
Protect the health of your Business



## THE BENEFITS

- **Identify major employee health risk factors**
- **Design programs to reduce employee health risks**
- **Reduced lost time due to illness or injury**
- **Boost productivity**
- **Reign in healthcare related costs**

## WHAT IS INVOLVED

The first step is to identify individual risk and status. Performing confidential individual health risk appraisals most easily does this, which also allows for company wide data. A health risk appraisal can be done several ways. The most effective way is to combine clinical data with an extensive questionnaire. Parkview calls this appraisal the Personal Wellness Profile (PWP).



## WHAT IS A PWP?

Individuals are given a 75-question questionnaire to complete. Additional questions can be added if there are company specific concerns. A blood test is performed to check total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), triglycerides (a building block of fat), and blood sugar levels. The blood test is performed while the client has fasted for 12 to 14 hours. Therefore, this test is generally performed in the morning and can be done on site. In addition to the blood work, fitness testing is performed. These tests include: blood pressure, weight, hip and waist measurements, body composition, strength, flexibility, a simple 3-minute step test, resting heart rate, and exercising heart rate. The fitness testing can also be done on site and is set up in stations that clients rotate through. Additional tests can be added if desired such as treadmill testing, pulmonary testing, etc. These more advanced tests are performed at Parkview Adventist Medical Center.

**Analysis provides 18 to 20 pages of individual information regarding risk of chronic disease and ways to reduce those risks.**

## THE RESULTS

Once the PWP questionnaire is completed and the clinical data added, a final analysis is performed. In general, the analysis provides 18 to 20 pages of individual information regarding risk of chronic disease, and ways to reduce risks. It also provides information regarding the individuals actual age versus their health age. This is often a motivator to get employees to take their health more seriously and to participate in appropriate risk reduction activities

such as exercise and weight control. The business can receive a group analysis discussing health risk as a company or work unit. This allows

employers to identify their major risk factors. Parkview will then work with the employer to reduce those risks through various programming options such as weight control programs, stop smoking clinics, stress management classes, health and wellness talks and more.

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