Preventive health screenings save lives. Unfortunately, many Americans do not routinely follow basic health screening recommendations. In fact, more than 95% of health expenditures are committed to diagnosing and treating diseases after it appears. By investing in health promotion programs for employees, organizations can realize many benefits, including: lower health care costs, reduced absenteeism, increased employee productivity, reduction in use of healthcare benefits, and improved employee morale and loyalty.

Through a basic health risk assessment, our work site health professionals can screen for an employee’s current state of wellness. We also track wellness progression by monitoring family history, personal history, fitness status, nutrition status, current symptoms, and stress levels. We also track lifestyle habits such as smoking, alcohol, and drug use. All of these services are conducted on-site, resulting in little downtime for employees.

**Components (Phase I) of the program include:**

- Personal Wellness Profile
- Body composition measurement, blood pressure check
- Comprehensive blood panel, including Total Cholesterol (HDL, LDL, and VLDL), Triglycerides, Liver Functions, Kidney Functions, Diabetes, and Electrolyte-mineral Function
- Optional tests include a Complete Blood Count (CBC), Thyroid (TSH), Prostate (PSA), Ulcer Screen (H. Pylori), Glycohemoglobin A1C, and Bone Density
- Complete health summary in booklet form
- Group overview of wellness testing results, conducted by a health professional is also available.
- Education

We also offer the cardiac bus that comes to your location as well.

**Components (Phase II) of this program include**

- Comprehensive Metabolic Panel-this includes a Lipid Profile, TSH, CBC, Fasting Insulin, Vitamin D, ApoB, C-Reactive Protein
- L-PLAC2 - the test measures the levels of L-PLAC2, a cardiovascular-specific inflammatory enzyme. The level is used to determine the amount of plaque in your arteries. It helps provide test results to specify a patient’s risk for a stroke or coronary heart disease.
- EKG test of the heart. It records the electric currents produced by the heart. It can identify various problems with the heart.
- ABI - the ankle-brachial index test measures the blood pressure in the ankles and the arms. It identifies whether you have good or bad circulation in the legs.

Many of these services may be covered under your group health insurance wellness benefit, thus resulting in minimal, if any, out-of-pocket expenses for your employees. For any organization to be successful, it is important your employees are healthy and able to work to the best of their ability. Through the Covenant Corporate Wellness Program, we can help empower your employees to lead healthier lives. If you would like further information about the program or would like to schedule a screening date, please do not hesitate to call.

Sincerely,

Covenant Corporate Wellness

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