



## *Occupational Health's* Health and Wellness Program

Partnering with Scottsdale Healthcare's Occupational Health Department can help keep your employees healthy and productive. Occupational Health offers a menu of programs that can be tailored specifically to your organization, including:

- On-site screening programs  
*(blood pressure, cancer, cholesterol, etc.)*
- Health risk assessments (HRA)
- Prevention classes
- Exercise demonstrations
- Referral services
- Immunizations
- Intervention programs  
*(smoking cessation, weight management, etc.)*
- Safety seminars
- Nutrition lectures
- Individual wellness counseling
- Executive Physicals

### Comprehensive Health and Wellness Program

An affordable offering for employers, the Comprehensive Health and Wellness Program is designed to create awareness and inspire participants to actively incorporate healthy choices. It includes:

**Step One:** Review of medical history and thorough physical assessment. Participants take a written Health Risk Assessment (HRA) and the following tests: Cholesterol/Triglycerides/Glucose screening, audiometric evaluation, vision assessment, Tecumseh Step Test, and bone density screening.

**Step Two:** Consultation with a wellness coach/healthcare practitioner to create a goal-oriented action plan along with ongoing coaching via e-mail or telephone on a regular basis.

**Step Three:** A walking program is initiated to get the participants moving.

**Step Four:** Monthly one-hour workshops presented on a variety of health related topics. Participants can attend any or all sessions.

**Step Five:** Repeat physical assessment conducted in nine months. Health statistics analyzed to check for progress and a review conducted of the individual's action plan.

**Step Six:** At the end of the year-long program, an overall survey will be conducted to ascertain any new lifestyle changes that the person has made, and attitudes towards self-responsible healthcare.

For more information, please call 480-882-6477.