

# Wellness for Life!

Working with your company, we provide critical health services for you, right at work.



But wait; what's a wellness exam?

Wellness exams are a type of medical exam performed as way to check up on a patient's health in different aspects. This could be things as simple as a weight/height measurement, or a more complex cancer screening. These exams can be used to help patients maintain their health and take a more preventative stance regarding their own care.

#### What's in a Wellness Exam?

Many different examinations can be classified as a wellness exam. Some of the more popular are BMI checks, blood pressure checks, blood panels, cancer screenings, and even vision and hearing tests.

## What Else Happens?

After the screens are conducted, the physician will be able to speak with the patient about their results in depth. The patient could be asked about their lifestyle choices, and the doctor could lead the patient into a discussion regarding how those choices affect their results and overall health. The physician will also help the patient compose a plan to improve or maintain their health.

#### As a Business, Why Would This Be Beneficial?

Help maintain the happiness and health of your workplace community! Businesses who take advantage of wellness check events generally have a healthier population of workers. With that health comes a more consistent and harder-working community, with your employees knowing that you have their back and care about them.

### As an Employee, Why Would This Be Beneficial?

Time seems to be sparse these days for everyone, but especially when you have a committed job. Our wellness exams come to your workplace and allow employees the chance to get their wellness examinations done without having to worry about getting an appointment or reserving time in your busy day. Keep your stress down and help us help you!