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**WOODBURY COUNTY BOARD OF SUPERVISORS AGENDA ITEM(S) REQ**

Date: 8-06-15

Weekly Agenda Date: 8-11-15

DEPARTMENT HEAD / CITIZEN: Ed Gilliland

SUBJECT: Woodbury County Employee Wellness Screenings

**ACTION REQUIRED:**

Approve Ordinance

Approve Resolution

Approve Motion

Give Direction

Other: Informational

Attachments

**WORDING FOR AGENDA ITEM:** Employee Wellness Screenings, Discussion & Action.

**EXECUTIVE SUMMARY:**

**BACKGROUND:** The Board has approved these screenings in the past.

**FINANCIAL IMPACT:** Same cost as last year, see attached schedule.

**RECOMMENDATION:**

**ACTION REQUIRED/PROPOSED MOTION:** Motion to Approve Employee Wellness Screenings.

*Approved by Board of Supervisors March 3, 2015.*

## Woodbury County Employee Wellness Program Components

*August 2015*

*The Wellness Blood Profile screening requires a 9-12 hour fast prior to your appointment. Please be well hydrated for this screening.* Water is recommended. You should avoid alcohol 24 hours prior to your appointment.

All participants will receive the following assessments:

- **Blood Pressure:** This simple screening is highly recommended as part of any health event.
- **Body Mass Index (BMI):** This is the relationship between height and weight that is associated with body fat and health risk.
- **Body Fat (hand held):** *This monitor uses bioelectric impedance to measure your body fat versus lean body weight.*
- **Waist Circumference:** Waist circumference is one of the most practical tools to assess abdominal fat for chronic disease risk.
- **MyBioCheck and personal report card: (\$7.00)** a biometric health risk assessment application designed for the iPad. The application generates an individual report card for each participant which explains the results and provides simple action steps for improvement.

### ***Wellness Blood Profile (all participants) (\$35.00-- includes blood pressure, BMI, body fat and waist circumference)***

Over 25 blood chemistry components are included in this profile. This includes total cholesterol, HDL, LDL, triglycerides, glucose, a complete blood count (white and red blood cell counts) as well as kidney and liver function components. The results can be used to help identify health problems such as diabetes, heart disease, as well as kidney and liver disease.

This blood profile requires a 9-12 hour fast prior to your appointment. Water is recommended as it helpful to be well-hydrated for this venous blood draw. You are advised to avoid alcohol 24 hours prior to your appointment.

### ***PSA Screening (men over age 50) (\$28.00)***

The prostate-specific antigen (PSA) is a protein produced by the cells of prostate gland. The PSA test measures the level of PSA in the blood. A venous blood sample is taken and the amount of PSA is measured in a laboratory. The PSA screening is recommended for males age 50 and older.

### ***TSH (women only) (\$18.00)***

The Thyroid-Stimulating Hormone (TSH) is a venous blood test that is considered the frontline test to evaluate thyroid hormone levels. Low thyroid hormones can contribute to the "slowing down" of bodily functions. As many as 10% of women have hypothyroidism.

### ***Hemoglobin A1C (HbA1C) Screening (all participants) (\$25.00)***

An HbA1C lab test reflects the average amount of sugar in the blood over the past 3 months. It shows how well blood glucose (blood sugar) is controlled. The normal level is less than 6%. Most people with diabetes should have an HbA1C of less than 7%. Higher numbers mean that one's diabetes control is not as good.

### ***Vitamin D Test (all participants) (\$40.00)***

The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in one's body. Lower than normal levels suggest a deficiency, often developed from a lack of exposure to sunlight, a lack of adequate vitamin D in the diet, liver and/or kidney diseases and malabsorption of certain medicines.

### ***Individual Health Coaching (\$55.00 per hour)***

Health Coaching is provided by a trained Health Coach at various locations. Includes goal setting and follow-up.

Mileage will be charged at current government rate to outlying areas. (Menville, Climbing Hill, Correctionville and other out of town locations as requested)

### **Additional Wellness Services Included in Pricing Listed above:**

**Promotion of wellness screening and coaching sessions**

**Group Health Report with review and recommendations from Mercy Business Health Services staff**

**Physician review of all venous blood draws with recommendations for personal healthcare provider**

**Three complimentary 30 minute health presentations by Mercy professionals**

**Advance notice of Mercy low-cost health screens and health events.**

**Monthly Mind/Body health articles to share with employees.**