

## **WORKPLACE WELLNESS SOLUTIONS**

### **DESCRIPTION OF THE DIVERSE MENU OF SERVICES**

**CHOLESTEROL/BLOOD PRESSURE SCREENINGS** - combine the evaluation of two major coronary risk factors. On-site screenings are arranged to meet the work schedules of your employees. Evaluations take only 15 minutes per employee with immediate results.

**HEALTH RISK APPRAISALS** – We offer both online and paper HRA tools that assess both employee health status and provide aggregate summaries of overall employer health risk and preventable costs.

**ON-SITE PROGRAM MANAGEMENT** - provides your company with the resources necessary to coordinate all aspects of your wellness program. Lifeline managers are committed to utilizing state of the art, best practice guidelines.

**PHYSICAL FITNESS EVALUATIONS** – We offer personal fitness evaluations that may include measurements of body fat composition, muscular strength and endurance, flexibility and cardiovascular performance. Physician supervised treadmill stress tests are available at Lifeline's USM facility.

**CONSULTING/ TECHNICAL ASSISTANCE** - services are provided by Lifeline's experienced health promotion consultants. They can assist you in designing individual wellness campaigns or planning for a comprehensive wellness program at your worksite. Planning assistance is also provided for disease and risk management models

**ON-SITE HEALTH FAIR PLANNING** - includes assistance in the design, resource development, marketing and evaluation of your own wellness event. Resources may include screenings, demonstrations and health promotion exhibits.

**HEALTH CARE DATA ASSESSMENT & ANALYSIS** - will give you insight into a clearer picture of your employee health claims experience, medication, utilization and employee use of preventative screening options in benefit plans. This data is crucial to designing cost-effective wellness programs.

**CPR/FIRST AID** - courses can be delivered directly to your worksite by trained medical personnel. They are designed to provide employees with usable skills.

**LIFESTYLE BEHAVIOR WORKSHOPS** - our interactive sessions cover a variety of topics ranging from stress management to starting a personalized exercise program. Sessions are usually 45-60 minutes in duration and are delivered at your worksite.

**FITNESS & STRETCHING CLASSES** - can range from one time exercise demonstrations to ongoing classes. Qualified Lifeline instructors can teach a variety of fitness activities.

**TOBACCO CESSATION CAMPAIGN** –we will work with you to develop smoking policies, assess benefit plans for tobacco components and identify smoking cessation resources for your employees.

**LIFESTYLE COACHING** – we provide professional coaching assistance to employees seeking support in their efforts to make positive lifestyle changes.

**QUALITATIVE/QUANTATIVE RESEARCH & EVALUATION** – through a partnership with USM's Muskie School we can assist in the design and implementation of tools to evaluate the outcomes of your wellness program.

**ONSITE YOGA & THERAPEUTIC MASSAGE SERVICES** - we will provide your employees with onsite services offered by certified instructors and therapists.

**INCENTIVE PLAN DESIGN** – a well designed incentive plan can enhance participation and positive outcomes for your wellness program.

**PERSONAL TRAINING SERVICES** – for employees with onsite fitness facilities, our trainers are available to provide individualized fitness training for employees.