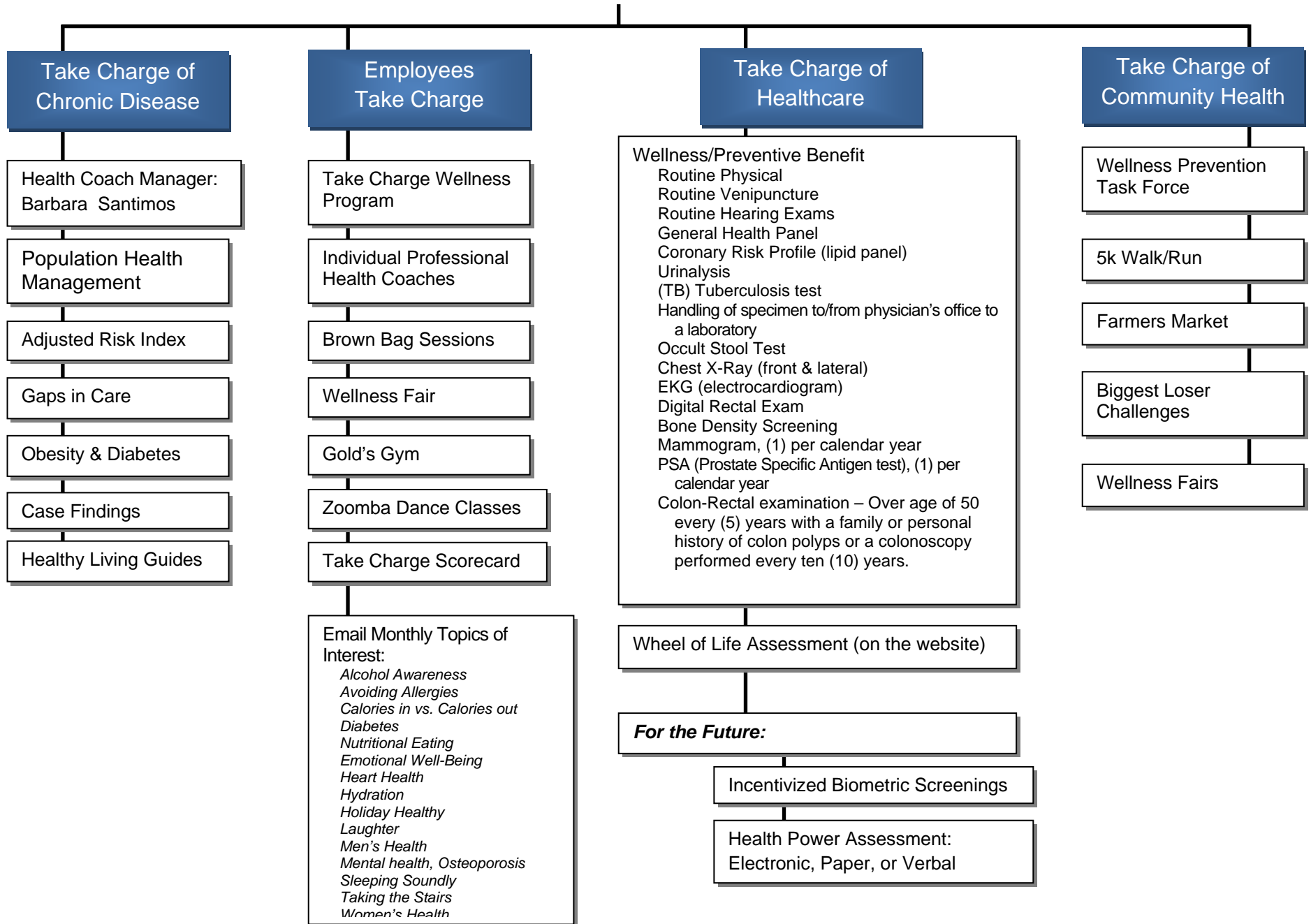


City of Somewhere Wellness Outline 2012



Take Charge of Chronic Disease

- Health Coach Manager: Barbara Santimos
- Population Health Management
- Adjusted Risk Index
- Gaps in Care
- Obesity & Diabetes
- Case Findings
- Healthy Living Guides

Employees Take Charge

- Take Charge Wellness Program
- Individual Professional Health Coaches
- Brown Bag Sessions
- Wellness Fair
- Gold's Gym
- Zoomba Dance Classes
- Take Charge Scorecard
- Email Monthly Topics of Interest:
 - Alcohol Awareness*
 - Avoiding Allergies*
 - Calories in vs. Calories out*
 - Diabetes*
 - Nutritional Eating*
 - Emotional Well-Being*
 - Heart Health*
 - Hydration*
 - Holiday Healthy*
 - Laughter*
 - Men's Health*
 - Mental health, Osteoporosis*
 - Sleeping Soundly*
 - Taking the Stairs*
 - Women's Health*

Take Charge of Healthcare

- Wellness/Preventive Benefit
 - Routine Physical
 - Routine Venipuncture
 - Routine Hearing Exams
 - General Health Panel
 - Coronary Risk Profile (lipid panel)
 - Urinalysis
 - (TB) Tuberculosis test
 - Handling of specimen to/from physician's office to a laboratory
 - Occult Stool Test
 - Chest X-Ray (front & lateral)
 - EKG (electrocardiogram)
 - Digital Rectal Exam
 - Bone Density Screening
 - Mammogram, (1) per calendar year
 - PSA (Prostate Specific Antigen test), (1) per calendar year
 - Colon-Rectal examination – Over age of 50 every (5) years with a family or personal history of colon polyps or a colonoscopy performed every ten (10) years.
- Wheel of Life Assessment (on the website)
- For the Future:**
 - Incentivized Biometric Screenings
 - Health Power Assessment: Electronic, Paper, or Verbal

Take Charge of Community Health

- Wellness Prevention Task Force
- 5k Walk/Run
- Farmers Market
- Biggest Loser Challenges
- Wellness Fairs