



St. Luke's  
HOSPITAL  
*Passport  
TO  
Wellness*

Because good health can take you places

## Passport to Wellness Products & Services



Contact the St. Luke's Business Development  
Manager for more information and/or pricing:

**314-576-2357**

**[rob.besore@stlukes-stl.com](mailto:rob.besore@stlukes-stl.com)**

# Biometric Assessments

## Standard FINGER STICK Biometric Assessments

### Fasting Lipid Profile

OR

### Non-fasting

- Triglycerides
- HDL
- LDL
- Total cholesterol
- Blood glucose level
- Risk ratio

- Total cholesterol
- HDL
- Blood glucose level

### PLUS:

- Blood pressure
- Waist circumference
- Results consultation with a St. Luke's healthcare professional
- Wellbeing Survey

- Six-month check up: *Tabling event that focuses on risks identified in the aggregate results*
- **Online scheduler available with automatic e-mail confirmation and reminders**
- **Wellness Activities: Two annual Lunch & Learns (25 minimum participants)**

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## Standard VENOUS STICK Biometric Assessments

Fasting Lipid Profile (includes triglycerides, HDL, LDL, total cholesterol and risk ratio)

- Complete blood count
- Complete metabolic panel
- Blood glucose level (fasting)
- Blood pressure
- Waist circumference
- Results consultation with a St. Luke's health professional
- Wellbeing Survey
- Results mailed to each participant's home with information regarding each test
- High-risk participants receive personal consultation phone calls from a St. Luke's healthcare professional
- Six-month check up: *Tabling event that focuses on risks identified in the Group Health Report*
- **Online scheduler available with automatic e-mail confirmation and reminders**
- **Wellness Activities: Two annual Lunch & Learns (25 minimum participants)**



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# Biometric Assessments

## Passport to Wellness Employer Follow-up Includes:

- Results recorded and displayed in Navigate Wellbeing Solutions platform (HIPAA compliant) for each participant. Description included.
- Dynamic, real-time Admin Reporting Dashboard available with on aggregate (de-identified) reporting survey and biometrics results.
- On-demand, details participation reports available



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# Health and Wellness Coaching

Health and Wellness Coaching is an interactive partnership that assists employees who are interested in making healthy lifestyle changes. This 6-week program connects employees with a certified health coach to develop a personal wellness plan. Each plan is customized to meet the goals of the employee. The health coach and employee can meet in-person, virtually, or via a hybrid model. The certified health coach assists employees who are ready to make changes in their lifestyle but are not sure how or where to start. The health coach will help the employee focus on their goals.



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# St. Luke's Digital Mobile Mammography Van

## 3D Mammography Available

The St. Luke's Hospital Mobile Mammography Van makes getting a mammogram more convenient. It offers 3D screening mammograms by appointment or on a walk-in basis, when the schedule permits.

The Mobile Mammography Unit visits various community sites all over the greater St. Louis area, including each of the St. Luke's Urgent Care Centers. Schedule your appointment by calling 314-205-6267 or 888-357-3432.

## Scheduling the Mobile Mammography Unit for a Business or Organization

In addition to its regular schedule of visits to various community sites, the van can be scheduled for visits to businesses, schools and other organizations as a stand-alone employee health offering or as part of an existing St. Luke's Hospital Passport to Wellness partnership. Help your employees get the preventive health care they need right on site in just 15 minutes rather than taking a half-day away from work.

To schedule a visit to your business or organization, or for more information, call 314-205-6267.



# Executive Physicals

St. Luke's Executive Health Program is located at the Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Center. Designed with corporate executives and professionals in mind, this program provides a focused diagnostic experience in a personalized environment. Our dedicated physician and health professionals provide a full spectrum of clinical evaluations and customized examinations.

For more information or to make an appointment for the St. Luke's Executive Health Program in St. Louis, please call 314-523-2565 or email [Executive.Health@stlukes-stl.com](mailto:Executive.Health@stlukes-stl.com). We will answer any questions you may have and set your appointment for a time and date that works well for you.



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# Workplace Health

St. Luke's Workplace Health partners closely with businesses to help manage their occupational health and workplace issues, including on the job illnesses, injuries, health initiatives and worker's compensation claims.

## Services Available Include:

- Work Related Injury and Treatment
- Onsite X-ray Services
- Physical Examinations
- Lab Services
- EKGs Available
- TB Screening
- Substance Abuse Testing
- Audiometric Testing
- Pulmonary Function Testing
- Respiratory Fit Testing
- Immunizations
  - Chickenpox
  - Flu Shots
  - Hepatitis A & B
  - MMR

For more information, please contact:

Phone: 314-205-6474

Toll Free: 888-512-6677

[stlukesworkplacehealth@stlukes-stl.com](mailto:stlukesworkplacehealth@stlukes-stl.com)

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## Testing/Exam Locations (including any [St. Luke's Urgent Care](#) location):

St. Luke's Workplace Health Corporate Health Clinic  
224 S. Woods Mill Rd.  
South Medical Office Building Suite 360  
Chesterfield, MO 63017

Phone: 314-205-6677

Fax: 314-205-6032

Monday - Friday: 8 a.m. to 4:30 p.m.

## [Learn more about St. Luke's Urgent Care Centers](#)

When you need prompt, minor medical emergency treatment, St. Luke's Urgent Care Centers offer eight locations throughout St. Louis, Jefferson and St. Charles County Counties.



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# Passport to Wellness Services

## **Educational Seminars**

St. Luke's Hospital can provide educational seminars, created and presented by health professionals, on a wide array of topics. These include diet and nutrition, fitness and exercise, general health, heart health, women's health, cancer / oncology, sleep disorders and stress management. St. Luke's Passport to Wellness team includes highly skilled community educators who can customize a topic of your choice.

## **Skin Analyzer**

St. Luke's Hospital will provide a table top skin analyzer unit and a health professional to help identify damage to skin from sun exposure. This is a helpful educational tool on the need to regularly utilize sun protection and when to see a dermatologist.

## **Diabetes Risk Assessment**

The diabetes risk assessment includes a glucose test (fasting or non-fasting), review of risk factors and results with a St. Luke's health professional. Those with abnormal results and other risk factors will also receive an A1C test with immediate results and consultation.

## **Spirometry Screening**

A screening that will assess how well a person's lungs work by measuring how much air is inhaled, exhaled and how quickly the exchange takes place. This screening will accompany education on asthma and chronic obstructive pulmonary disease (COPD).

## **Flu Vaccinations**

## **Tobacco Cessation 1 : 1 Consultations**

One-on-one consultations are provided by St. Luke's Pulmonary Rehabilitation Department to help participants stop using tobacco.



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# Passport to Wellness Services

## Vascular Screening Services

St. Luke's offers three types of vascular screenings to help detect vascular disease. They include:

- Carotid Artery Disease Screening
- Peripheral Artery Disease Screening
- Abdominal Aortic Aneurysms (AAA) Screening

All three screenings together last approximately 20-30 minutes and are painless procedures that use ultrasound technology. All exams are performed by registered vascular technologists. Results are read by a board-certified vascular surgeon, with results sent to your home within one week.

- You should consider a vascular screening if you have any of the following risk factors:
- Age (50 years or older)
- Smoking
- High blood pressure
- Diabetes
- Obesity
- High cholesterol
- Family history for strokes, abdominal aortic disease and heart disease
- OPrior heart attack, bypass operation or coronary stent

## Group Exercise Classes

Classes are held twice a week for 40 to 60 minutes for six weeks. Classes may include yoga, Pilates, body sculpting, stability ball, toning, etc.



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# Passport to Wellness Terms and Conditions

- **Locations outside of a 20 mile radius** of St. Luke's Hospital (Chesterfield location) will be charged mileage at the federal rate for all mileage over 40 miles driven per vehicle (round trip).
- **Weekend Events:** All weekend events will have the regular cost for service plus a \$100.00 per health professional / per hour fee.



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