Passport to Wellness Standard **FINGER STICK** Biometric Assessments

Biometric Assessment

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

**Non-fasting** total cholesterol, HDL and
Blood Glucose level (fasting)
Blood Pressure
Waist Circumference
Results Consultation with a St. Luke’s Healthcare Professional
Personal Health Profile
Six Month Check Up – *Tabling event that focuses on risks identified in the Group Health Report*

**Personal Health Report (PHR)**

Online Appointment Scheduler available with automatic e-mail confirmation and reminders

*Lunch ‘n’ Learns* - two provided annually (25 minimum participants)

*Personal Health Report (PHR)*

A 10- to 12-page personalized report based on the individual’s health history and screening results sent directly to their home. The report summarizes the employee’s potential risk of illness and disease and provides guidance on what steps should be taken to help ensure good health. The company receives an aggregate report only. Results are confidential.

Passport to Wellness Employer Follow-Up Includes:

- **Workforce Health Profile** – a “snapshot” of the potential health risks of your workforce; if left untreated could result in significant health claims. This report will provide the benchmark for starting your wellness program and is provided once employees have completed the Personal Health Profile. Included are graphical reports, trended reports (if applicable) and annual recommendations from St. Luke’s Hospital for addressing the risks identified.

- **HR Insight** – internet program that identifies workforce health risks, quantifies their impact on the bottom line and provides a financial analysis that defines the total cost of employee expenses in terms of health benefits, dependents, and lost workdays.

Robert BeSore, Employer Relations Specialist   314-576-2357
St. Luke’s Hospital

Because good health can take you places!

Call to confirm current pricing. All pricing is subject to change.
OneCommunity.com is a customizable consumer health portal and administrative portal that unites employers and employees in the common goal of good health! It is tailored to the specific health needs of each employee and employer group and delivers multiple resources locally.

- **Tier 1** (without biometric screenings)...........................................................
  (with biometric screenings).................................................................
  - Online Health Report, Health Score
  - Health Tools and Trackers
  - Online Appointment Scheduler
  - Program Management Site

- **Tier 2** (without biometric screenings)......................................................
  (with biometric screenings).................................................................
  - Online Health Report, Health Score
  - Health Tools and Trackers
  - Online Appointment Scheduler
  - Program Management Site
  - Opportunities Management (Customized Incentives Management)

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Biometric Assessment

- **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
- Personal Health Profile
- Results mailed to each participants home with information regarding each test
- High risk participants receive personal consultation phone calls from a St. Luke’s Health professional (*Two attempts will be made to the daytime phone number provided by the participant*)
- Six Month Check Up – *Tabling event that focuses on risks identified in the Group Health Report*
- **Personal Health Report (PHR)***
- **Online Scheduler available with automatic e-mail confirmation and reminders**
- **Lunch ‘n’ Learns** - two provided annually (25 minimum participants)

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* A 10- to 12-page personalized report based on the individual’s health history and screening results sent directly to their home. The report summarizes the employee’s potential risk of illness and disease and provides guidance on what steps should be taken to help ensure good health. The company receives an aggregate report only. **Results are confidential.**

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Physician Referral:
St. Luke's Physician Referral Service offers access to over 1,000 physicians in more than 60 specialties for those who are looking for a new physician. To speak confidentially with a referral nurse, call 314-205-6060 or 888-205-6556. You can also visit Suite 490 of the North Medical Building at St. Luke’s Hospital, 8 a.m. to 4 p.m., Monday through Friday.

Health and Wellness Coaching:

Health and Wellness Coaching is an intervention program for employees to assist them in making healthy lifestyle changes. This is a 6 week program for employees to connect with a Certified Health Coach to develop a personal wellness plan. Each plan is customized to meet the goals of the employee. The certified health coach and employee meet face to face at the first and last meeting and then have weekly phone calls followed by an email. 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.

St. Luke’s Digital Mobile Mammography Unit: Insurance Billing

Annual screening mammograms are recommended for women over 40. St. Luke's submits claims for the patient to participating insurance companies. Mammograms on the mobile van are performed by registered mammography X-Ray technologist and are reviewed with CAD (computer-aided detection). Call St. Luke’s Employer Relations Specialist at 314-576-2357 for more details or to schedule St. Luke’s Mobile Mammography Unit to visit your company!

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Executive Physicals: Contact Employer Relations Specialist for Pricing Information

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, contact your St. Luke’s Employer Relations Specialist.

Passport to Wellness Services:

- **Lunch n’ Learn Programs**
  St. Luke’s Hospital can provide lunch n’ learn programs, 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.

- **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.

- **A1C Test (Blood Draw)**
  The A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated). The higher the A1C level, the poorer the blood sugar control. If someone has previously diagnosed diabetes, the higher the A1C level, the higher their risk of diabetes complications.

- **COPD (Chronic Obstructive Pulmonary Disease Screenings)**

- **Flu Vaccinations**

- **Bone Density Screening (Finger Test)**

- **Breaking Free from Smoking - Tobacco Cessation Course**
  Five-session course (one hour each)

- **On-Site Health Coach**

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St. Luke’s can provide a health professional to take blood pressures and answer health-related questions on-site. Access to an employer provided computer and printer on-site is requested.

- **Massage Therapy Services**
  On-site chair massage addresses the back, neck, shoulders, arms, and scalp by increasing circulation, releasing muscle tension and decreasing stress.
  ***Employers are required to schedule, and guarantee, 45 minutes of massage for every hour a St. Luke’s massage therapist is on site.***

- **Massage Therapy Services**
  On-site **table massage** addresses the back, neck, shoulders, arms, and scalp by increasing circulation, releasing muscle tension and decreasing stress.
  ***Employers are required to schedule, and guarantee, 45 minutes of massage for every hour a St. Luke’s massage therapist is on site.***

- **Nutrition Focus (one-hour sessions)**
  General nutrition information and current topics of interest are addressed. Topics include: Fiber, Vegetarianism, Nutrition Label Reading, Healthy Dining Out, Nutritious Kids Meals/Lunches, Quick and Nutritious Cooking, Healthy Holiday Cooking. Presentations by Registered/Licensed Dietitian

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

**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 $50.00 per health professional / per hour fee.

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