

# KAISER PERMANENTE CORPORATE HEALTH PROMOTION PROGRAM



## Services

Kaiser Permanente will provide all coordination of professional services, tracking of data for group summary report, equipment, handouts as well as set-up and take down of services provided.

It is preferred that all events be scheduled at least 3 months in advance.

## Wellness Screening Offerings

### Packaged Offerings:

**Personal Wellness Profile Assessment** –Biometric assessments including BMI (height and weight), cholesterol (total cholesterol & HDL), glucose, and blood pressure screening with same day results.

#### Employee Receives-

- Personal Wellness Profile Report.** A detailed educational assessment designed to help evaluate current lifestyle, identify health risks, and decide where and how to make improvements. This can be done either electronically or by paper.

**Employer Receives-** (The following are provided with a minimum of 50 participants and do not include participants names)

- Executive Summary Report** - Summarizes the primary health findings in aggregate form.
- Repeater Report** - Tracks results of those who have participated in multiple assessments. This report is ideal for tracking progress over time.
- Productivity Report** - Looks at the cost of the population's existing risk factors and demonstrates cost savings of health improvement.

**Incentive Structure Development and Management** – Let us help you design an incentive structure that works for you and your employees. Once created, we can help with implementation and management of participant ratings in a secure way. Cost varies according to incentive structure and size of employee group.

**Individual or Combined Offerings:** (May require a minimum # of participants. Summary reports available for a fee)

**Blood Pressure** – Screening for blood pressure and pulse. Awareness of risk for coronary heart disease, results given with explanation and referral for additional screening or suggestion to contact primary care provider when necessary.

**Body Composition** – Using bioelectrical impedance, this screening calculates percentage of body fat and amount of body weight comprised of fat. Information on target range, BMI, and health education materials provided.

**Cholesterol Screening** – Finger stick blood sample gives each individual Total Cholesterol, HDL, and ratios. Or fasting Total Cholesterol, HDL and Triglycerides. Participants receive same day results. Minimum of 50 participants.

**Diabetes Screening** – Finger stick blood sample provides random blood glucose screening for a non-fasting glucose level. Participants screened to identify possible diabetes risk. At risk participants are given resource information and are referred to primary care provider.

## SINGLE – SESSION WORKSHOPS

1 HOUR. DURATION. EXCEPTIONS MADE UPON REQUEST

### Fundamentals of Behavior Change

**Resolution to Change: SMART Skills for Improving Your Life** – This is a behavior change based workshop. This class will review the behavior change process and teach the skills necessary for making a change in an area of the participant's choice. Take the first step toward a new you. Participants leave with a concrete plan for behavior change.

### Fitness Offerings

**Exercise Classes** (some classes require supplies at additional cost)

**Chair Yoga-Easy**– Gentle stretching that incorporates chair based exercises and stretches

**Foam Roller**– Participants learn how to roll away stress and fatigue with a foam roller

**Resistance Band**– Learn to use stretch bands and body weight to condition muscle strength and endurance

**Total Body Stretch**– Learn how to stretch effectively to increase range of motion and move more freely and easily

**Workshops** (Behavior Change focused classes)

**Back Care** - This workshop will provide tips for protecting your back with things like regular exercise, proper posture, neutral spine, etc. Proper form and sample exercises will be reviewed with plenty of time for practice.

**Fit at Work** – This workshop looks at all areas of fitness and provides practical techniques to improve fitness and increase energy at work and at home.

**Fitness: Work Smarter. Not Harder.** – Work with a personal trainer to find the best fitness routine for you. This class will briefly review fitness guidelines and will help you take general fitness and exercise information one step further by developing a personalized plan that will help you see results.

**Ready. Set. Get Moving! – An Introduction to Exercise** – Participants will learn guidelines for physical activity, the different types of physical activity, and explore ways to increase motivation and overcome barriers.

**Summer Shape-Up** – This class will help you find your motivation to "Spring into Fitness." Learn how to make the most of your time using circuit training and receive a customizable workout. This class also covers summer safety and dispels the most common exercise myths.

### Health Fitness Evaluations

**Cardiovascular Testing**--Participants will undergo a 3-minute step-test which will provide an estimation of their cardiovascular fitness.

**Body Composition**--Measures an individual's fat mass and fat free mass.

**Grip Strength Testing**--Scores and ranks an individual's hand strength.

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### Mind Body Offerings

**Coping: The Sandwich Generation, Coping Skills for Caregivers** - Caring for aging parents? Caring for small children? Caring for adult children? While caring for others is important work, who is taking care of you? Learn coping skills to help you take care of yourself while caring for those who are dependent on you.

**Gratitude: The Power of Gratitude** - What is gratitude? What is the difference between being grateful and practicing gratitude? Participants will not only learn the powerful affect that practicing gratitude can have on their overall life satisfaction, they will learn several effective ways to incorporate practicing gratitude into their daily lives.

**Happiness: The Science of Happiness** - What is happiness? What makes people happy? Are we born with a pre-set ability for happiness? Can we be happier? What have psychologists/scientists discovered about this? This class discusses the various routes to happiness and gives suggestions on activities to find greater life satisfaction.

**Laughter: Laughter is the Best Medicine** – Why is laughter important? How can we get more laughter into our lives? Participants will learn the physical and emotional benefits of laughter. This workshop is guaranteed to make you laugh!

**Meditation: Mindful Meditation** – This presentation can be **15 minutes** to **1 hour**. During the **15 minute** presentation participants will hear a brief explanation of the affect breathing has on stress management and will learn and practice One Moment Meditation. The **1 hour** presentation also covers the role of breathing in stress management and goes into the various types of meditation. Participants will practice up to three types of meditation.

**Mission Statement: Building a Personal Mission Statement** – A personal mission statement is the foundation upon which our daily decisions and life goals are based. It provides clarity and gives a sense of purpose. Seeing how daily decisions fit into our personal mission is the key to a satisfying life. Participants will leave with the understanding and tools necessary to create their own personal mission statement.

**Stress Management: Learn to Let Go, Practical Skills for Stress Management** – This workshop describes the body's "stress response," how to identify stress, and helps participants combat these effects by providing an overview of stress management techniques. Participants will learn a short meditation.

**Thriving During the Holiday Season** – Learn ways to stay healthy during the busy holiday season. Participants will receive tips for managing stress, healthy eating and maintaining a healthy weight during the craziest time of the year. Coping techniques can emphasize eating or stress focus.

**Weight Management: Mindful Eating, A Behavioral Approach to Weight Management** – This is a behavior change based workshop. This workshop looks at "non-hunger eating", cravings, and self-defeating beliefs about food and weight, helping participants manage these challenges through mindfulness based techniques. This workshop will have participants creating a workable plan for becoming more mindful around eating.

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### Nutrition Offerings

**Eat for Prevention** – This workshop is primarily *information* based. Participants will learn healthy ways to reduce their risk for heart disease, diabetes, and hypertension. Information on low fat and low cholesterol diets, eating out, low fat cooking techniques, and label reading will be discussed.

**Total Health Nutrition** – This is a *behavior change* based workshop. Learn the principles of good nutrition as they apply to basic good health and helping to lower the risk of developing certain chronic conditions. This class is also helpful for those wishing to further improve control of chronic conditions. Participants will create a concrete plan for behavior change.

**Weight Management: Mindful Eating, A Behavioral Approach to Weight Management** – This is a behavior change based workshop. This workshop looks at “non-hunger eating”, cravings, and self-defeating beliefs about food and weight, helping participants manage these challenges through mindfulness based techniques. This workshop will have participants creating a workable plan for becoming more mindful around eating.

### General Health Offerings

**Cancer Prevention: An Ounce of Prevention, A Guide to Reducing Your Cancer Risk** - While not all cancers can be prevented, there are things one can do to reduce their risk. Learn more about cancer screenings: breast, prostate, testicular and colon. This class will review general risk information and screening recommendations.

**Cold & Flu Prevention: Your Best Defense, Cold & Flu Prevention and Treatment Seminar** - Learn how to stay well and avoid common ailments as well as proper treatment.

**Communication: Be a Better Communicator** - Do you feel heard? Do you wonder how you misunderstood someone? How to perfect your communication style with anyone and how to convey the best intended message for maximum results.

**Longevity: Living Agelessly** - What are the secrets to living a long and healthy life? Come learn valuable lessons learned from studying people from around the world who live the longest. What can we do to improve our chances to live not just a long life, but a healthy one?

**Safety: Beat the Heat: How to Enjoy Summer Safely** - Enjoy the great outdoors this summer in a safe way. This workshop will look at specific summer health concerns including sun exposure, insect protection and outdoor food safety precautions. Learn more about Heat Related Illness Prevention and treatment.

**Sleep: The Way to Better Sleep** - “If only I could get a good night’s sleep...” What is healthy sleep? How much sleep do we actually need? Learn the importance of a good night’s sleep and some ways to make it easier to get the sleep you need. Class will address some common obstacles and offer tips to get that good night’s sleep.

**Smoking: Getting Ready to Quit Smoking, Tobacco Cessation Workshop** – Get ready to quit smoking by assessing your readiness, learning about the quitting process and developing your own quit plan. This class is great preparation for the Freedom From Tobacco Series.

**What Every Man/Woman Should Know: A Man/Woman’s Guide for Staying Healthy** – This workshop may be presented either focusing on Women’s Health or focusing on Men’s Health.

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### Additional Services

**Ask the...** Bring a health and wellness expert to your event. Participants can speak directly with an expert in the chosen area. Available experts are – Physician, Dietitian, Personal Trainer, Health Educator.

**Cooking Demonstrations** – Enjoy samples and healthy recipes provided in this lively, interactive and tasty road show. Popular topics include “Eating Optimally for the Seasons” (Focus on Antioxidants Eating), “Secrets of the Mediterranean Way of Eating”, “Quick Meals on the Run” and “Traditional Recipe Makeovers made Easier/Healthier.”

**Hand Washing Station** – Learn more about proper hand washing techniques. Participants are asked to practice washing their hands and gain immediate feedback as to how well their technique is working. Information on hand washing and cold/flu prevention included.

**Nutrition Game** – Engage participants in an interactive nutrition game facilitated by a health education instructor. Handouts on healthy eating available and questions answered.

**Stress/ Relaxation Exercise** – Participants listen to a 2 minute segment of a relaxation tape and are guided through a mini relaxation routine. Identifies how to take a break and revive oneself. Relaxation materials provided.

**Stroke Education Board** – Engage participants in a game designed to help participants learn more about the dangers and warning signs of stroke.

### Flu Clinics

On site Flu Clinics provided during the months of October through December to employees.–

**Vaccine price varies per season**

**We offer customized workshops upon request. For Further information please contact:**

**Jennifer Sanders, MA, Manager, Corporate Health Promotion**

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