

# LINC

Local Interactive  
Networking Community



United States  
**WELLNESS**  
CHAMBER OF COMMERCE

## Free Health Screenings & Wellness Workshop Month

In coordination with the United States Department of Health and Human Services' Healthy People 2010 goals ([www.healthypeople.gov](http://www.healthypeople.gov)), our national non-profit organization is seeking to bring even greater awareness and attention to the benefits of conducting on-site health screenings. As such, we are offering to conduct **complimentary health screenings** with a health risk analysis and follow-up education for a limited number of employers without any employer expense.

### WHY CONDUCT A HEALTH SCREENING?

**Show your employees that you care!** Regardless if your business is prospering or struggling, early detection and information on risk reduction is a benefit that you can offer to your employees without any investment. Many health problems and diseases leading to premature death or disability are preventable. Unfortunately, over 50% of your employees likely have one or more health risks that they are unaware of—and what they don't know can kill them and cost you!

Employees with health risks are not only a danger to themselves but also impact your bottom line through increased claims, reduced productivity, and increased absenteeism. Healthier employees are better employees and we can help! Through our proven approach refined over our ten years of experience, we average 97% employee participation and can schedule activities to NOT require employees to take time away from work duties.

### WHAT WE CAN DO TOGETHER ABOUT THIS PROBLEM

**Without any cost to your organization**, the following components are available for all of your employees as part of our promotion of National Health Screenings/Wellness Workshop Month:

- a written Health Risk Assessment (HRA)—a validated questionnaire gathering information about diet, exercise, nutrition, sleep, stress, pain, etc.;
- Basic Bio-Metric Collection Package including weight, blood pressure, body fat %, etc.;
- Expanded Bio-Metric Collection Package including Cholesterol, Glucose, and Antioxidant Screening is available for a small fee (can be employer or employee paid)
- a Personal Health Report Card for every employee with a simple to understand grading scale of A, B, C, D or F;
- a 15 minute, one-on-one consultation with a Health Coach to review results and recommended next steps;
  - optional health improvement/risk reduction assistance is available on a fee-basis
- follow up on-site, group-based education addressing leading health issues; and
- employer tools including aggregate reporting and health screening promotion materials

Contact us to determine if you are eligible for this wonderful and well-received opportunity--800-429-4556, visit [www.lincwellness.com](http://www.lincwellness.com) or via email @ [linc@uswellnesschamber.com](mailto:linc@uswellnesschamber.com) .

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