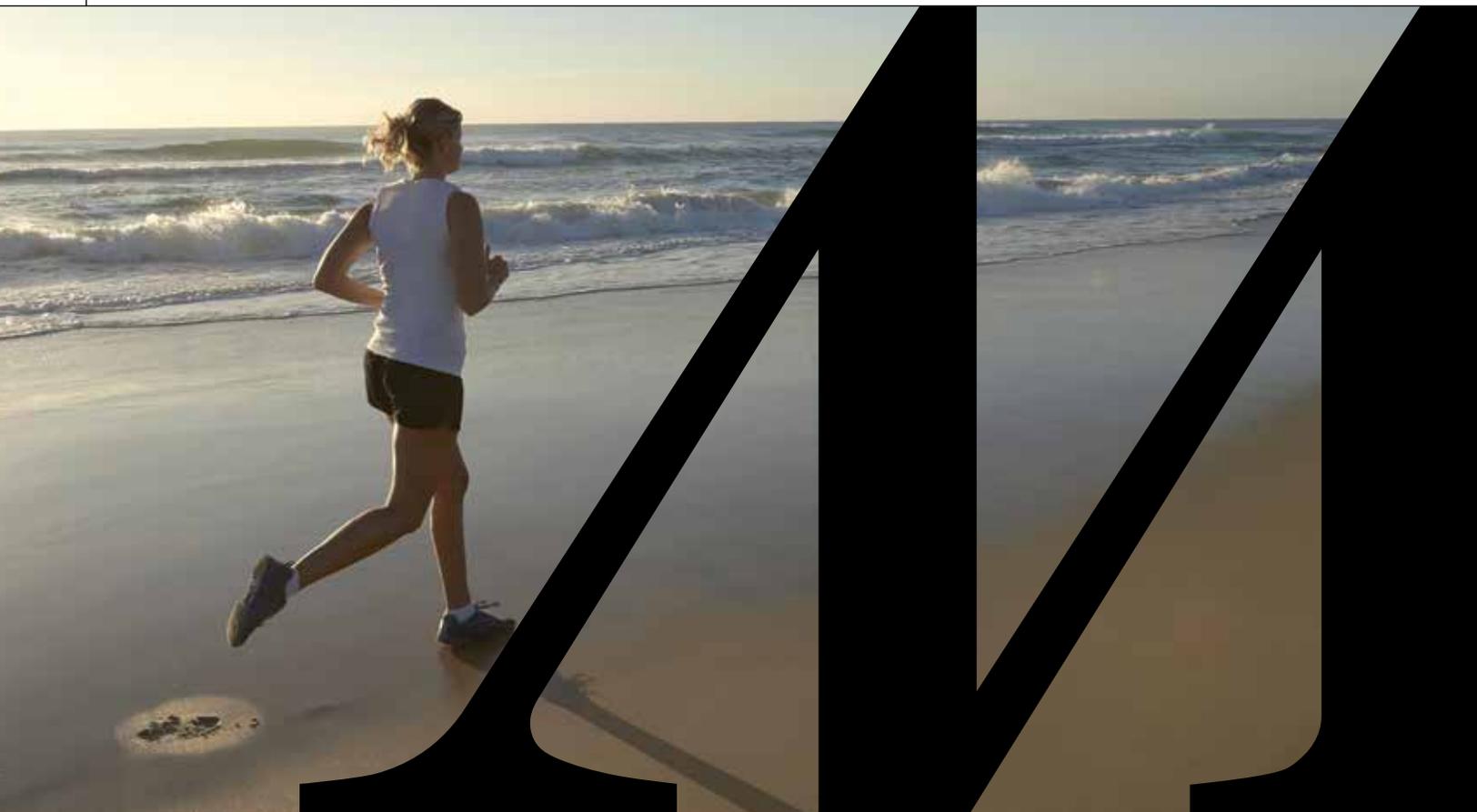


**Houston Methodist**

# WELLNESS SERVICES

CULTIVATING A CULTURE OF WELLNESS IN THE WORKPLACE.  
THE DIFFERENCE BETWEEN PRACTICING MEDICINE  
AND LEADING IT.



# WELLNESS SERVICES

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We know how to create a culture of wellness within a workplace. We have it at Houston Methodist, and we can do it for your company.

An integral part of our success is the health and well-being of our 17,000 employees. We consistently place at the top in surveys of health care quality and employee satisfaction. For the past nine years we have made the *Fortune* list of the *100 Best Places to Work in America*.



# HOUSTON METHODIST WELLNESS SERVICES

## A LEADER IN CORPORATE WELLNESS SOLUTIONS

As innovators in health care, we effectively use lifestyle modification to improve health and well-being and reduce health care costs for companies as well as families. Every day our talented, highly trained health professionals are showing people how to change their futures by changing the way they eat, exercise and manage stress.

Employers have a vested interest in promoting health and a unique capability to do so by providing on-site wellness resources, a healthy work environment, employee incentives and disincentives and leadership. Dollars invested in employee health and wellness programs return two to three times.

Smart business leaders include employee health promotion as an important aspect of business strategy.

Having one of our Houston Methodist wellness coordinators on-site at your company is the most effective way to promote employee health. We offer many outstanding solutions.

## ROI

### \*RETURN ON INVESTMENT:

On average for every \$1 spent on employee wellness programs, employee health care costs fell by \$3.27, and employee absenteeism costs fell by \$2.73.

- **On-site Wellness Services**  
Houston Methodist Wellness Services (HMWS) offers wellness solutions including health screenings, nutrition, fitness, stress management and tobacco cessation programs with the convenience of providing these on-site at your company locations. Additionally, HMWS can partner with you to provide comprehensive wellness programming through an on-site coordinator.
- **Online Solutions**  
HMWS offers employers an interactive health management tool through an online portal. Services include a personalized health risk assessment, wellness program design, evaluation and aggregate reporting.
- **Wellness Clinic Services**  
HMWS offers executive health services, including corporate physicals and travel health preparedness on-site at your company location in partnership with Houston Methodist physicians, or at our Houston Methodist locations.

*\* Baicker, Katherine, David Cutler, and Zirui Song. 2010. Workplace wellness programs can generate savings. Health Affairs 29(2): 304-311.*

# ON-SITE MANAGEMENT SERVICES

When we bring a program into your organization, you can be confident it will be exceptional, tested and delivered by experts who understand and appreciate the challenges involved in living a healthy lifestyle.



Our wellness professionals are highly trained, experienced facilitators whose mission is to help individuals live healthier lives.

HMWS offers placement on-site wellness professionals at your organization from one to five days per week. Incorporating a wellness coordinator into your workplace culture allows for higher engagement in our programs and services, which include nutrition, weight management, fitness, stress management, health coaching for specific conditions and tobacco cessation.

By partnering with you, we can customize our programs to meet your specific goals.

On-site management services include:

## **Wellness Coordinators**

HMWS offers full- or part-time wellness coordinators to assist with the development, implementation and evaluation of customized worksite wellness programs designed to maximize employee health and productivity. These programs and services include tobacco cessation, weight management, nutrition, fitness and stress management.

## **Fitness Center**

HMWS offers on-site fitness center management as an effective way to get the most out of your employer-sponsored fitness facility. Our on-site fitness programs and services help maximize employee fitness, energy levels and performance.

## **Health & Wellness Clinic**

HMWS offers placement of clinical professionals on-site at your workplace. Routine medical check-ups, treatment for common illnesses, immunizations, travel consultations and many other health services can be readily available on-site, eliminating the need for employees to take time off to travel off-site for health appointments. Our on-site health and wellness clinics are supported by a proven practice management system and electronic health record, ensuring integration and quality throughout the health care delivery process. Face-to-face interactions are tailored to the unique needs of the individual.

# ONLINE SOLUTIONS

## HOUSTON METHODIST HEALTH MANAGEMENT PROGRAMS



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Our health management portal is a powerful and engaging resource that can open new doors for your employees, giving them an experienced partner to help them take charge of their health and well-being.

As a complement to on-site and clinic services, HMWS offers a health management portal that assesses health risk and generates personalized health plans. The portal includes access to aggregate reporting to provide comprehensive population health data used to establish and effective wellness program.

**To learn more, contact a wellness consultant at 713.363.7007  
or go to [wellnessconsultant@houstonmethodist.org](mailto:wellnessconsultant@houstonmethodist.org)**



## ON-SITE SOLUTIONS

HMWS is a leader in building a culture of wellness within organizations. Employers are most effective when they promote and reward healthy lifestyle choices, prevention and personal responsibility. This approach is most effective in an environment that promotes and rewards healthy lifestyle choices, prevention and personal responsibility.

Wellness experts work with you to tailor health promotion for your workforce based on strategic business priorities. We define metrics that reflect organizational goals and objectives, including health risk reduction, employee participation, satisfaction, program completion, outcomes assessment and rewards redemption. health improvement, risk reduction, participation, program satisfaction, program completion, program outcomes, engagement, rewards redemption and fulfillment — and measure our success.



**Proven results within  
our own organization**

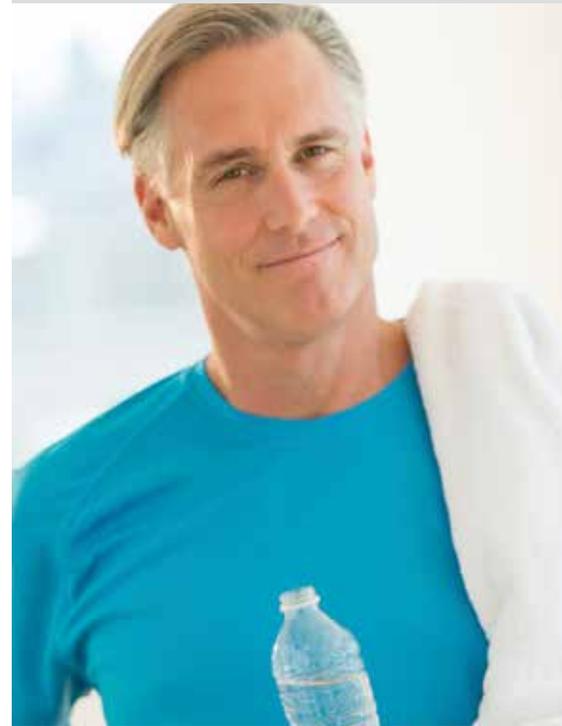
**17,000+**  
employees

## HEALTHY LIFESTYLE COACHING

With an experienced wellness coach, the journey to lifestyle behavior change can be meaningful, productive and even exciting. Coaches help employees visualize lifestyle changes and results. They also help ensure that goals are realistic and that employees have the support and resources they need.

### Methodist Healthy Lifestyle Coaching™

Certified wellness coaches work in-person, one-on-one with your employees to help improve their health, productivity and well-being. Our coaches will ask questions, listen and help individuals formulate an attainable, personalized action plan. Houston Methodist Healthy Lifestyle Coaching is tailored to three levels of modifiable risk (high, moderate, low).



## NUTRITION PROGRAMS

It is important to fuel your body for performance. Maintaining a healthy weight and eating a nutritious diet can keep you prepared for the rigors of life and function more effectively. Just a 10 percent weight loss can have a huge impact on health. Take advantage of the programs and resources below to help your employees start living healthier.

### Houston Methodist Wellness@Work®

This 12-week series of classes focuses on nutrition and weight management. Each session includes hands on experience with real food, and participants gain knowledge in portion sizes, meal planning, label reading and other important nutrition and lifestyle skills.

### Nutrition Consultations

Employees meet with a registered dietitian to review nutrition-related health concerns and improve overall “nutrition wellness.” Medical history, weight trend, food preferences and personal goals will be explored and an action plan developed.

### Hands-On, Healthy Cooking, Real Food

Get hands-on experience in these cooking classes from a registered dietitian. By combining nutrition education with culinary skills, participants gain the ability to make good nutrition a reality. Classes can be purchased individually or as a six-week series.

### Fun With Food Workshops

These entertaining, hands-on programs combine the most up-to-date nutrition information available with practical strategies to enhance employees’ eating habits. Sessions are ideal for groups of 20 or less.

### Nutrition Boot Camp

This nutrition-intensive program offers a prescriptive plan designed to keep participants on track to accomplish desired goals.

## FITNESS PROGRAMS

Studies show that employees are more productive when they exercise. The following programs can help your employees improve their fitness.

### **Houston Methodist Fitness Express**

This six- or 12-week program offers fitness coaching that focuses on the basics of cardiovascular, strength and flexibility exercises.

### **Personal Training**

Employees can improve their level of fitness under the watchful eye of an expert who will tailor a fitness routine to individual fitness goals. Personal trainers focus on increasing fitness levels, assisting in weight loss, and overseeing strength training, flexibility and cardiovascular activity.

### **Personal Fitness Assessment**

This initial assessment evaluates cardiovascular fitness, muscle strength, muscular endurance, flexibility, body weight and body fat. Participants receive a personalized fitness plan. Follow-up assessments can be provided to measure progress.

### **Metabolic Assessment**

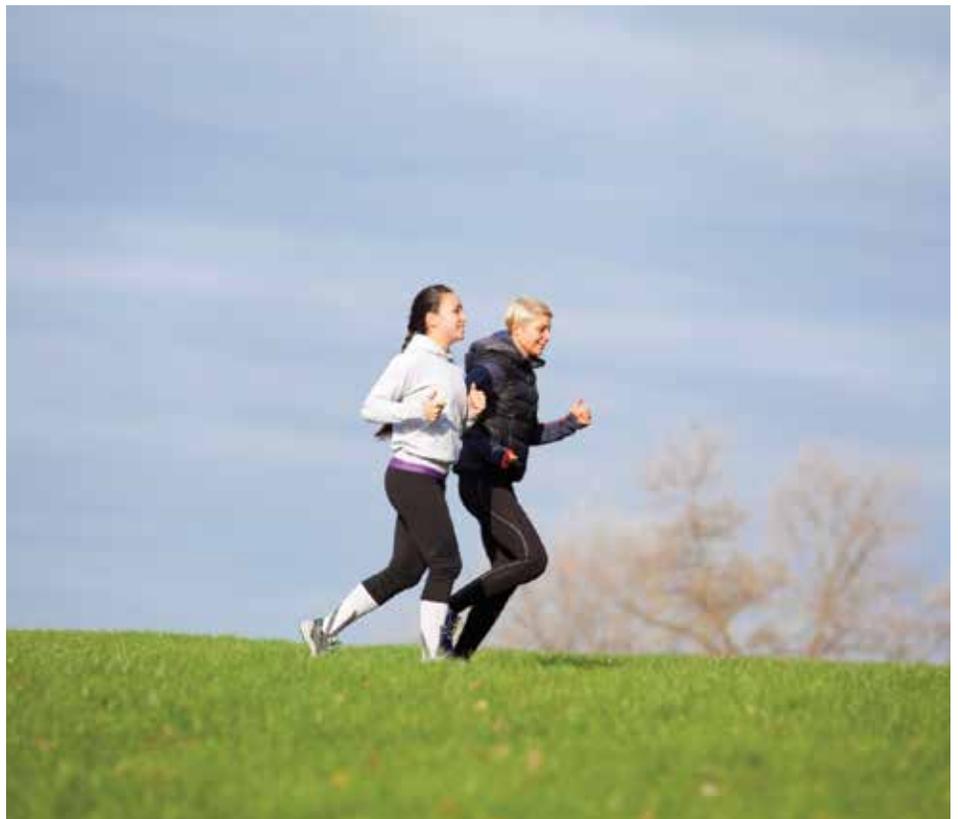
Employees learn how much body fat, muscle mass and water is in their body. A detailed report is provided along with a daily calorie recommendation to help individuals lose, maintain or gain weight.

### **Fitness Classes**

A variety of fitness classes are available and can be tailored to your organization.

### **Recreational Sports**

Houston Methodist can organize recreational sports opportunities for your employees. Programs include softball, sand volleyball, basketball, soccer or flag football. Running, biking and walking groups can also be organized.



## EDUCATIONAL AND INFORMATIONAL EVENTS



Let us help you raise your employees' awareness of personal health and wellness through events tailored to your workforce.

### Health Fairs

Options include educational booths, interactive learning opportunities, health and wellness information, biometric assessments and other activities.

### Look & Learn Booths

These interactive, educational booths offer a great opportunity for participants to engage with a wellness expert about important health and wellness topics. This is a great way to promote wellness with hard-to-reach employees.

### Healthy Knowledge Seminars

Your employees will enjoy these entertaining and informative presentations that work well in a “lunch and learn” format. Each seminar is

delivered by a wellness expert and can be tailored to any group. Handouts are included and a variety of topics are available.

### Wellness Challenges

The health habits of those around us can have a strong influence on our own habits. Group-based challenges tap into these social dynamics to connect employees, helping them achieve common health goals and create a sense of friendly competition and accountability within your workforce. These individual or team-based programs can be customized to your company's culture and typically include topics such as weight management, exercise and nutrition.

### Physician Lectures

Give your employees the opportunity to engage directly with a Houston Methodist physician on a variety of topics during on-site lectures at your workplace. Seminars are interactive and include a question-and-answer session following the lecture.

## STRESS MANAGEMENT PROGRAMS

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Today, people are doing more at home and at work with fewer resources. Work weeks have lengthened, commutes are longer and technology has increased the speed and immediacy of demands.

Stress directly and indirectly impacts our bodies time, and if left unaddressed it can cause significant damages.



### **Massage Therapy**

A variety of massages are available, including chair massage, Swedish, deep tissue, prenatal, sports, and the use of hot stones.

### **Stress Consultations**

Individual consultations help employees develop new ways to deal with every day stress in their lives. They learn how to recognize the signs of stress and how to turn off the stress response to improve health.

### **Taming Tension**

This six- or 12-week series of informative classes or individual sessions focuses on research in the psychology of happiness and positive thinking. Employees learn stress management techniques, such as breathing, humor, mindfulness, visualization, affirmations and optimism.

### **Relaxathon**

This special stress management event focuses on activities to promote relaxation and teach employees fun ways to reduce stress. This works well for any size group and can be tailored for rewards, retreats or team-building exercises.



## MANAGING HEALTH CONDITIONS

Health conditions and illness can adversely impact employee, well-being and personal effectiveness. HMWS offers your employees the support and assistance they need through the following programs:

### **Well Managed Diabetes Program**

Learning to live with diabetes can be daunting and getting expert assistance can make all the difference. A HMWS partner is specially trained to help employees understand their diagnoses and optimize the lifestyle factors that will greatly effect their conditions, including nutrition, exercise, stress management, tobacco cessation and medication compliance.

### **Well Managed Hypertension Program**

Work with a coach to improve blood pressure through healthy lifestyle modifications including exercise, nutrition education, tobacco cessation and stress management.

## TOBACCO CESSATION

Houston Methodist has a tobacco cessation program to assist your employees in quitting for good. The average smoker tries to quit at least seven times before finally succeeding.

### **'Quit & Get Fit' Tobacco Cessation Program**

Free individual counseling sessions offer employees guidance on exercise, good nutrition and effective stress management strategies. Employees will work individually with a trained specialist to set a quit date, develop a cessation plan and monitor their progress. A fitness assessment and consultation, a massage and a session with a registered dietician are included.

### **Cotinine Testing**

This orally-administered test determines whether employees use tobacco products and can be administered in conjunction with a biometric screening process.



## HEALTH SCREENINGS & ASSESSMENTS

The first step in creating an effective strategy to improve health and well-being is to assess the current health status of your employees.

We offer several services to help you establish a crucial baseline and develop goals for your wellness programs:



### **Biometric Screening**

This screening is a key component in helping employees learn more about their health and potential risks. The following will be evaluated: blood pressure, height, weight, waist girth, a blood test for glucose and a full lipid (fat in the blood) profile. Oral cotinine tests for tobacco usage can also be provided.

### **On-site Physicals**

This physical focuses on prevention and includes a comprehensive medical history review and medical exam performed by a Houston Methodist physician for early detection of heart disease and other serious health concerns. Specifics include vital signs, resting EKG and blood tests. This physical can be performed on-site at your facility and billed through insurance, making it easy and convenient for your employees. Fee for service physicals can be conducted in our Houston Methodist Wellness Clinic and on-site at your facility.

### **Vascular Age Screening**

(CIMT-Carotid Intimal Thickness)

Cardiovascular disease is the leading cause of death for men and women. Heart & Vascular Screening Packages through HMWS can help employees understand their risk, which is the first step toward prevention. Using ultrasound, the thickness of the arteries is measured to produce a risk assessment that estimates an individual's "vascular age." Blood vessels are also checked for blockages. A cardiologist reviews the report and provides a summary of findings.

### **Comprehensive Heart Screening Package**

With the convenience to be provided on-site at your company location, this package offers an overview of one's health status to prevent heart disease. Included in this package is a biometric screening and vascular-age screening assessment. Results are reviewed by a Houston Methodist cardiologist and participants are given a comprehensive report on health status and recommendations for specific follow-up care.

### Customized Corporate Physicals

HMWS can customize a physical to meet your company's needs and health goals.

### Fit-For-Duty and Medical Clearance

Designed to screen and clear employees who are returning to ensure that they meet the requirements to fulfill essential job functions. HMWS works collaboratively with corporate clients to ensure that clinical protocols and examination are aligned with job requirements.

### Drug Screening

HMWS performs Compliant DOT Drug testing programs for workers who fall under U.S. Department of Transportation regulations such as employees in aviation, trucking, railroads, mass transit, pipelines and other transportation industries. HMWS also performs a non-DOT drug screening for workers employed in positions that do not require drug screening under DOT regulations but their companies have drug-testing policies in place.

### Pre-employment

Similar to the Fit-For-Duty physical, the Pre-employment physical screens and clears employees to ensure they meet the physical requirements necessary for essential job functions, as established by the client. This may include—but is not limited to—blood work, drug screens, chest X-ray, EKG, physical examination, hearing and vision testing and immunization. HMWS works collaboratively with corporate clients to ensure that clinical protocols and examination align with job requirements.

### Postemployment

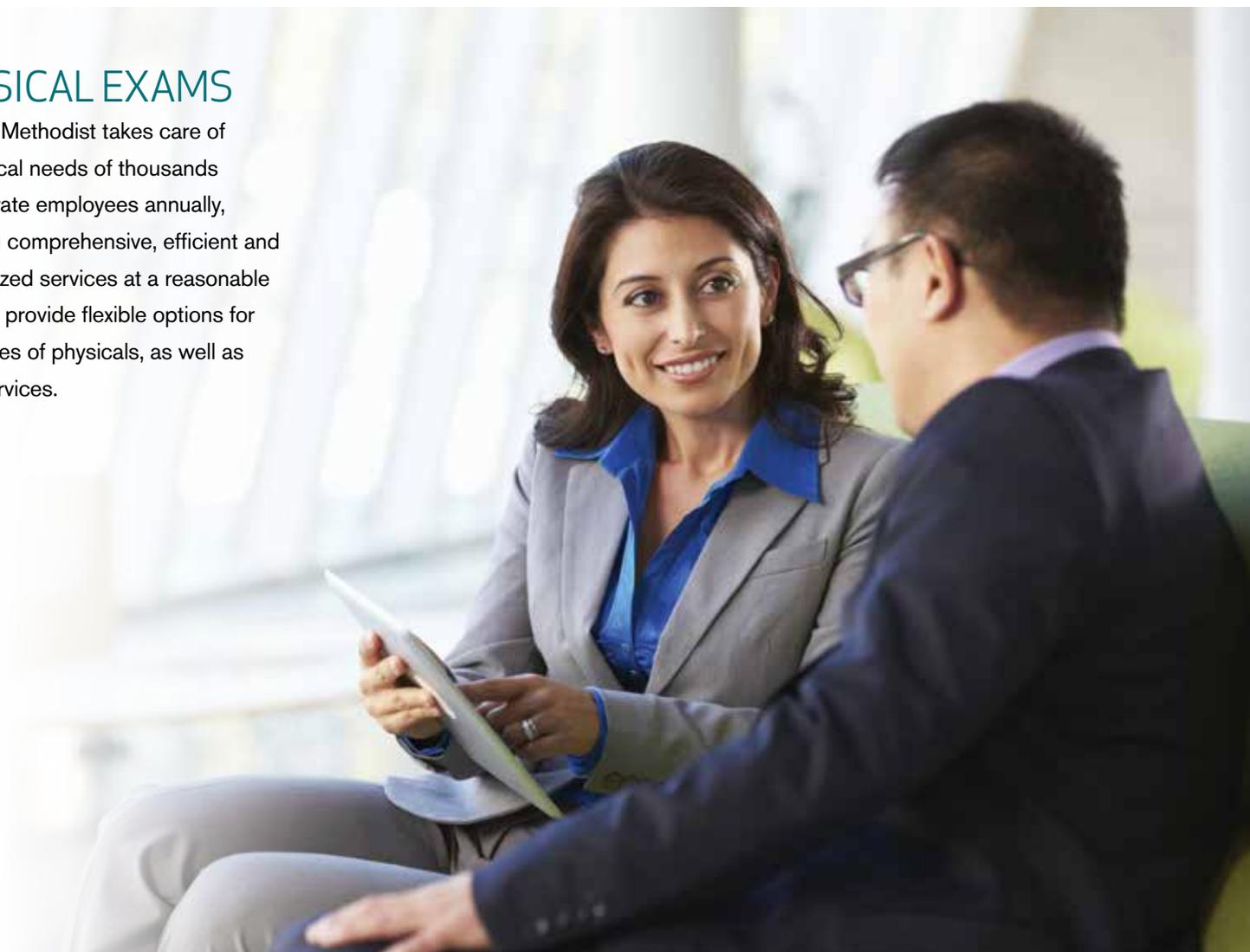
Employees who are leaving an organization are evaluated using various test results such as—but not limited to—blood work, chest X-ray, physical examination, pulmonary function, hearing and vision, and EKG. HMWS collaborates with corporate clients to ensure that clinical protocols are appropriate for post employment assessment.



PARTNER WITH US TODAY TO ENHANCE  
YOUR CULTURE OF HEALTH: 713.363.7007  
[wellnessconsultant@houstonmethodist.org](mailto:wellnessconsultant@houstonmethodist.org)

## PHYSICAL EXAMS

Houston Methodist takes care of the medical needs of thousands of corporate employees annually, providing comprehensive, efficient and personalized services at a reasonable cost. We provide flexible options for many types of physicals, as well as billing services.



### **Premier Health Assessment**

This premier physical includes a full suite of tests and services, including a comprehensive medical history review and exam, health risk assessment, treadmill stress test, resting EKG, fitness assessment, chest X-ray, pulmonary function test, blood and lab tests, hearing and vision testing, age and gender appropriate cardiovascular screenings, bone density screening, executive wellness coaching, gourmet breakfast and lunch and massage therapy. This program is designed for busy working executives and usually takes four to six hours to complete. Test results are provided the same day. Additional options are available to address personalized health, medical and lifestyle goals.

### **Comprehensive Health Assessment**

This comprehensive physical includes a suite of tests and services including a medical history review and exam, health risk assessment, treadmill stress test, resting EKG, fitness assessment, chest X-ray, pulmonary function test, blood and lab tests, hearing and vision testing. Additional options are available to address personalized health, medical and lifestyle goals.

## TRAVEL HEALTH SERVICES

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HMWS helps prepare employees and their spouses for the physical challenges of travel through pretravel health planning, vaccinations and travel health maintenance while away.

### Services Included:

- Vaccinations and medications for known worldwide diseases and disorders
- Information about health conditions and disease outbreaks in different countries

- Requirements of other countries for vaccinations and health reports
- Information on the current political climate in other countries

### On-site Flu Clinics:

HMWS provides an easy way to help guard your employees against the flu in scheduling an on-site flu immunization clinic, staffed with professional Houston Methodist nurses, medical assistants and coordinators. We can bill most insurance companies or your company directly.



## PARTNER WITH US TODAY TO ENHANCE YOUR CULTURE OF HEALTH.

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Contact Houston Methodist Wellness Services today and we will get your company on the fast-track to healthier employees, improved productivity and more fiscally responsible results.

**Corporate Sales/Wellness Consultant**  
713.363.7007  
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HOUSTON  
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LEADING MEDICINE

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