

# OTSEGO MEMORIAL HOSPITAL WORKSITE WELLNESS SCREENING

WITH HEALTH INSURANCE  
PREMIUMS ON THE RISE,  
PREVENTION IS KEY.

Employer-based wellness programs lead to lower healthcare costs in the workplace, while increasing individual productivity and overall wellness. Otsego Memorial Hospital offers onsite wellness events tailored to the health needs of your employees.

# SCREENINGS COULD INCLUDE THE FOLLOWING:

## **OBESITY:**

Body Mass Index  
Body Fat and Muscle Percentages

## **CARDIOVASCULAR DISEASE:**

Blood Pressure  
Heart Rate  
Blood Glucose Level  
Total Cholesterol  
High Density Lipoprotein (HDL) Level  
Low Density Lipoprotein (LDL) Level (if fasting)  
Triglyceride Level (if fasting)  
HDL / Total Cholesterol Ratio  
Body Mass Index

## **DIABETES:**

Blood Glucose  
Body Mass Index  
Body Fat and Muscle Percentages

All screenings are conducted by an OMH Registered Nurse. Results are typically available within 15 minutes of testing and are completely confidential.

Basic screening costs are just \$15 per person. Custom programs can vary in cost. Flu and Pneumonia vaccinations are also available for an additional charge.

Contact the Community Health Education Office to set up your worksite screening:

*Community Health Education Coordinator  
Otsego Memorial Hospital  
Phone: (989) 731-7718  
[marketing@MyOMH.org](mailto:marketing@MyOMH.org)*