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*