



# Health and Wellness Resources

We care about the health of your employees. Our free wellness resources provide you with the workplace tools you need to help your employees improve their well being.

## Health Fair Services

### HEIGHT, WEIGHT, WAIST CIRCUMFERENCE CHECK

Prior to getting a body fat analysis screening, participants will be brought to a private setting to check their height, weight, and waist circumference.

### BLOOD PRESSURE SCREENING

Participants can get their blood pressure tested and receive personal education based on their results. If numbers are higher than recommended, they can be contacted by a Care Manager for additional support and education.

### BODY FAT ANALYSIS SCREENING

Participants can learn what their percentage of body fat is relative to their total weight. Participants will receive personal education on their results, including ways to maintain or reduce their body fat.

### PREDIABETES RISK ASSESSMENT

Participants can complete a short questionnaire to determine their risk for prediabetes and receive available resources and educational information to help them make changes to lower their risk.

### SUGAR AND FAT DISPLAY

#### Sugar

Discover how many teaspoons of sugar are in some of today's popular drinks. Learn how much sugar you are consuming compared to the recommended daily amount.

#### Fat

See how many teaspoons of fat are in some popular fast food meals. This display gives employees lower-fat options for each restaurant, and provides tips for high-fat meals to avoid.

### GRIP STRENGTH

Participants can test their strength using a hand grip dynamometer and learn tips on how to maintain or improve to determine their strength.

### FLU SHOT CLINICS

Cut down on sick days! Participants can get their annual flu shot at your worksite. Flu shot clinics are available to SelectHealth members in Utah and Idaho.

### WORKSITE WELLNESS CLASSES

Our worksite wellness classes offer interactive presentations on topics ranging from learning how to cook healthier to understanding nutrition.

### WORKPLACE TURNKEY PROGRAMS

Looking for ways to encourage healthy habits, reduce health risks, increase fitness, and promote workplace productivity? We've already done the work for you. These programs can help motivate your employees all year:

- > 15 to Fit Program<sup>SM</sup>
- > Catch A Flight<sup>SM</sup>
- > Holiday Weigh In<sup>SM</sup>
- > Summer Slim Down<sup>SM</sup>
- > Walk A Day<sup>SM</sup>
- > Wellness Week

To access these programs go to [selecthealth.org/wellness-resources/Worksite-Wellness-Tools](https://selecthealth.org/wellness-resources/Worksite-Wellness-Tools).

For successful scheduling and coordination purposes, SelectHealth requires a minimum of 45 days advanced notice. Due to the large volume of requests received, employers are limited to one health fair event every 12 months. Minimum size and participation requirements apply.

### TO LEARN MORE

For more information, call **801-442-6759** or email [health.management@imail.org](mailto:health.management@imail.org).