

# *Community Wellness*

## SERVICES MENU

Boone Health provides on-site health services within your facility or from our Mobile Health Unit.

# General Services

SERVICE	DESCRIPTION	COST PER UNIT/PERSON
Hands Only CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) Training	<ul style="list-style-type: none"> <li>Instructor lead presentation that allows you to learn how to administer chest compressions (without rescue breaths)</li> <li>Learn when and how to use an AED</li> <li>Does not include a certification</li> </ul>	\$25
CPR and First AID	<ul style="list-style-type: none"> <li>Hybrid course: Online class followed by an in-person skills check, to include CPR, AED, bag mask and first aid</li> </ul>	\$20 - \$50 (online, depending on level) Skills Check: \$50
Skin Cancer Screenings	<ul style="list-style-type: none"> <li>Head-to-toe screening performed by certified clinicians</li> <li>Exposed skin only</li> </ul>	\$45 \$25
Presentations	<ul style="list-style-type: none"> <li>On-site presentations</li> <li>Tailored to meet the needs of the population (Diabetes, Nutrition, Importance of Sleep, Stress Reduction, Eating Greens, Mindful Eating, Nutrition Myths, Vitamins &amp; Supplements, etc.)</li> </ul>	\$125
Flu Vaccines	<ul style="list-style-type: none"> <li>Offered in the fall (price may vary)</li> </ul>	\$28
Wellness Activities/Challenges	<ul style="list-style-type: none"> <li>Includes activities such as nutrition, exercise, stress management, or other wellness challenges and activities</li> <li>Includes incentives and giveaways</li> </ul>	Self-Managed: \$125 Managed by Community Wellness Team: \$325
First Aid Station	<ul style="list-style-type: none"> <li>Includes licensed staff and basic supplies</li> </ul>	\$80/hr

# Fingerstick

Instant results and education provided on site.

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Total Lipid Profile	<ul style="list-style-type: none"><li>Includes total cholesterol, LDL, HDL, triglycerides and/or glucose</li></ul>	\$50 (w/glucose \$55)
A1C (Glycohemoglobin, HbA1C, Hemoglobin A1C test)	<ul style="list-style-type: none"><li>Blood test for pre-diabetes and diabetes and</li><li>Measures average blood glucose or blood sugar levels over the past 3 months</li></ul>	\$30

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# Blood Draw

Results sent via secured email.

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TSH (Thyroid-Stimulating Hormone)	<ul style="list-style-type: none"><li>Blood test is used to find out how well the thyroid is working and can be performed on men and women</li></ul>	\$30
PSA (Prostate-Specific Antigen)	<ul style="list-style-type: none"><li>Used primarily to screen for prostate cancer</li><li>The test measures the amount of PSA in the blood</li></ul>	\$30
Vitamin D	<ul style="list-style-type: none"><li>Used to determine whether you have enough vitamin D in your body to support normal bodily functions</li></ul>	\$50
CMP (Comprehensive Metabolic Panel)	<ul style="list-style-type: none"><li>Frequently ordered panel of 15 tests that gives a healthcare provider important information about the current status of a person's metabolism, including the health of the kidneys and liver, electrolyte and acid/base balance as well as blood glucose and protein levels</li></ul>	\$30
CBC (Complete Blood Count)	<ul style="list-style-type: none"><li>Gives an overall view of general health by measuring the health of red blood cells, white blood cells, and platelets</li></ul>	\$30
Total Lipid Profile	<ul style="list-style-type: none"><li>Includes total cholesterol, LDL, HDL, triglycerides and/or glucose</li><li>Health score card reports available upon request at no additional cost</li></ul>	\$50 (w/glucose \$55)

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Discounts may apply for three or more services per event. Blood pressure screenings available with any of the above services.