

# *Community Wellness*

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## SERVICES MENU

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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 through American Heart Association</li> </ul>	\$25
CPR and First AID	<ul style="list-style-type: none"> <li>Hybrid course: Online class &amp; in-person skills check (American Heart Association)</li> </ul>	\$20 - \$50 (online, depending on level) \$50 Skills Check (\$25 urgent/convenience fee)
Skin Cancer Screenings	<ul style="list-style-type: none"> <li>Full skin cancer screening, head-to-toe</li> </ul>	\$40
Presentations	<ul style="list-style-type: none"> <li>On-site presentations               <ul style="list-style-type: none"> <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> </li> <li>Presentation for on-site fitness center               <ul style="list-style-type: none"> <li>Tutorial/recommendations on exercise equipment</li> <li>Tailored to small groups</li> </ul> </li> </ul>	\$125
Flu Vaccines	<ul style="list-style-type: none"> <li>Offered in the fall (price may vary)</li> </ul>	\$27
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 per staff

# Fingerstick

Instant results and education provided on site.

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## Total Lipid Profile

- Includes total cholesterol, LDL, HDL, triglycerides and/or glucose
- Health score card reports available upon request at no additional cost

\$50 (w/glucose \$55)

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## A1C (Glycohemoglobin, HbA1C, Hemoglobin A1C test)

- Blood test for pre-diabetes and diabetes and
- Measures average blood glucose or blood sugar levels over the past 3 months

\$30

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# Blood Draw

Results sent via secured email.

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## TSH (Thyroid-Stimulating Hormone)

- Blood test is used to find out how well the thyroid is working and can be performed on men and women

\$30

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## PSA (Prostate-Specific Antigen)

- Used primarily to screen for prostate cancer
- The test measures the amount of PSA in the blood

\$30

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## Vitamin D

- Used to determine whether you have enough vitamin D in your body to support normal bodily functions

\$50

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## CMP (Comprehensive Metabolic Panel)

- 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

\$30

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## CBC (Complete Blood Count)

- Gives an overall view of general health by measuring the health of red blood cells, white blood cells, and platelets

\$30

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