

BooneHealth
COMMUNITY WELLNESS

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EMPLOYEE WELLNESS

Services

BIOMETRIC SCREENINGS

BLOOD DRAW (VENIPUNCTURE)

RESULTS SENT VIA SECURED EMAIL WITH WRITTEN EXPLANATION OF RESULTS.

SERVICE	DESCRIPTION	COST
Total Lipid Profile **TLP**	• Measures cholesterol and triglyceride levels, including total cholesterol, LDL ("bad" cholesterol), HDL ("good" cholesterol), and triglycerides. • Helps assess your risk of heart disease and stroke.	$50
Hemoglobin A1C **A1C**	• Measures your average blood sugar level over the past 2–3 months. • Used to diagnose diabetes, assess blood sugar control, and monitor the effectiveness of diabetes treatment.	$30
Comprehensive Metabolic Panel **CMP**	• Measures liver and kidney function, blood sugar (glucose), electrolytes, and protein levels to assess your overall health and detect conditions such as diabetes, liver disease, or kidney disease.	$30
Glucose **Glu**	• Measures the amount of sugar in your blood at the time of the test. • Used to screen for and monitor diabetes and other conditions affecting blood sugar levels.	$5
Vitamin D **VitD**	• Measures your vitamin D level to detect a deficiency. • Maintaining healthy vitamin D levels supports strong bones, muscle function, and the immune system.	$30
Thyroid-Stimulating Hormone **TSH**	• Primary marker used to assess how well the thyroid is functioning. • Even small shifts in thyroid hormone levels show up early in Thyroid-Stimulating Hormone results.	$30
Prostate-Specific Antigen **PSA**	• Measures the level of PSA, a protein produced by the prostate gland. • Commonly used to screen for prostate cancer and monitor prostate health, including benign enlargement or inflammation.	$30

- A one-time $5 fee will be applied for the blood draw (venipuncture).
- Blood pressure screenings can be added at no additional cost.
- If not fasting, triglycerides and glucose could be affected.

BLOOD DRAW (VENIPUNCTURE) BUNDLES

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COST	DISCOUNT
STANDARD BUNDLES	
Heart Health Essentials: TLP + A1C = $55	35%
Heart Health Plus: TLP, Glu + A1C = $60	33%
Complete Wellness Screen: TLP + A1C + CMP = $60	45%
Heart & Thyroid Screen: TLP + A1C + TSH = $60	45%
Comprehensive Wellness Screen: TLP + A1C + TSH + CMP = $85	40%
MEN'S BUNDLES	
Men's Health Essentials: TLP + A1C + PSA = $60	45%
Comprehensive Men's Health Screen: TLP + A1C + TSH + CMP + PSA = $95	45%

OPTIONAL ADD-ON

Vitamin D Check: add to any bundle

HEALTH SCREENINGS

FINGERSTICK BIOMETRIC SCREENINGS

IMMEDIATE RESULTS REVIEWED AND EXPLAINED ON SITE

SERVICE	DESCRIPTION	COST
Total Lipid Profile **TLP**	• Measures cholesterol and triglyceride levels, including total cholesterol, LDL ("bad" cholesterol), HDL ("good" cholesterol), and triglycerides. • Helps assess your risk of heart disease and stroke.	$50 $55 w/ Gluose
Glycohemoglobin, Hemoglobin A1C test **A1C**	• Measures your average blood sugar level over the past 2–3 months. • Used to diagnose diabetes, assess blood sugar control, and monitor the effectiveness of diabetes treatment.	$30

- Blood pressure screenings can be added at no additional cost.
- If not fasting, triglycerides and glucose could be affected.

OTHER SERVICES

SKIN CANCER SCREENINGS

SERVICE	DESCRIPTION	COST
Skin Cancer Screenings	• Head-to-toe skin cancer screening performed by certified screeners. • No undressing is required, employees are simply encouraged to wear loose, comfortable clothing. • Quick, convenient, and potentially life-saving opportunity to detect concerns early.	$40

ADDITIONAL WELLNESS OFFERINGS

SERVICE	DESCRIPTION	COST
Cardio Pulmonary Resuscitation (CPR) * For pricing details or questions: Tammy Adkins, RN: Tamara.adkins@boone.health 573-815-8690	• American Heart Association certifications in CPR, AED, First Aid, and BLS, valid for 2 years. • Optional modules for child and infant CPR and AED, and Pediatric First Aid. • Online blended learning or instructor lead class options. **Non-certification options available:** • Provides a practical, easy-to-learn overview that empowers participants to take action confidently in an emergency. • Includes manikins and AED training devices for hands-on practice.	*
Health/Wellness Presentations	• Our team of experts can tailor a presentation to meet the specific needs of your employees, covering topics such as nutrition, exercise, mindful eating, sleep, nutrition myths, understanding food labels, and more. • If you have an employee gym: our trained staff can demonstrate proper use of exercise machines and offer personalized recommendations.	$150
Wellness Activities/ Challenges (Team/Individual)	• Keep your employees motivated and engaged by allowing us to design customized wellness challenges that educate and inspire them across key areas of well-being, including nutrition, stress management, exercise, sleep, hydration, and more. • Each challenge can include incentives and giveaways to boost participation and excitement.	$150
Flu Vaccine Clinics	• Licensed professionals deliver flu vaccinations each fall, making it easy for your team to stay healthy and protected.	$28

- Discounts available when choosing multiple services.
- Over 30 miles will incur a mileage charge (federal rate).

For more information, contact Community Wellness Manager: Jenny Workman | jenny.workman@boone.health