



Corporate and Community Outreach Services

Health and Wellness Screenings & Assessments

Rex Wellness Centers offers on-site screenings and assessments as an effective way to determine the specific needs of your employee population for education and prevention programs.

- **Health Risk Assessment Package** **\$36 / person**
This package provides participants with an on-site biometric screening and access to an on-line health risk assessment (HRA). A detailed individual health report is available upon completion of the HRA. The company will also receive an aggregate summary report for participants.
The following screenings are included:
 - **Full Lipid Panel & Blood Glucose** (fasting finger stick with results in 2 minutes)
Includes total cholesterol, HDL, LDL, triglycerides and glucose readings
 - **Height, Weight, Waist Circumference**
 - **Blood Pressure**
- **Health Risk Assessment Package + Health Coaching** **\$38 / person**
 - **Biometric screening package**
 - **Onsite Health Coaching** - Short on-site review of personal areas of risk with suggestions for improvement.

A-la-carte Screenings

- **Cholesterol/Blood Glucose Screening** (Finger stick with results in 2 minutes)
 - Total Cholesterol, HDL, LDL, Ratio, Triglycerides, Glucose **\$21 / person**
- **Blood Pressure** **\$1 / person**
- **Height, Weight, Waist Circumference & BMI** **\$5 / person**
- **Metabolic Testing (MedGem™)** **\$50 / person**
Measure the number of calories you burn per day while your body is at rest, using a hand-held indirect calorimeter. Fasting required.

Health & Wellness Enrichment

- **Ask the Dietitian Booth** **\$50 / hour**
Staff your health fair booth with one of our registered dietitians. Healthy eating tips, recipes and education on chronic disease management and obesity prevention through diet will be provided. Other educational materials may also be provided upon request.
- **Private Nutrition Counseling** **\$70 / person/hour***
Meet with a registered dietitian for a private session to discuss your nutritional concerns. Whether you're interested in weight loss, improving a medical condition with diet, or just want to know more about healthy eating, we'll develop and individualized plan for you.
*If Company selects Private Nutrition counseling, Rex will bill Company and not any applicable insurance.

- **Exercise Program**
\$75 / hour
 Our qualified wellness instructors will provide interactive on-site group exercise classes. Sample classes include but are not limited to: Yoga, Stretch & Relax, Tai Chi. Programs can be offered as a one-time session or series.

- **Chair Massage**
\$75 / hour
 Enjoy relaxation and relief from chronic muscle pain as well as help with lowering your blood pressure.

Lunch-n-Learns

These informative gatherings provide information on a variety of wellness topics. All presentations are customized to meet the specific needs of your corporate population. Presentations about Rex Wellness Centers' programs and memberships are complimentary. Educational presentations are provided at the following rates:

- **30-minutes: \$75**
- **One hour: \$100**
- **1 ½ hours: \$150**
- **Two hours: \$175**
- **3-hour workshop: \$250**

Sample educational topics include, but are not limited to:

- Eating on the Run
- Meal Planning
- Nutrition 101
- Virtual Grocery Store Tour
- Nutrition Facts & Myths
- Surviving the Holiday Eating Season
- Eating on a Budget
- Exercise 101
- Stretching Tips
- Exercising for Weight Loss
- Exercising at Work or at Home
- Stress Management
- Blood Pressure Basics
- Understanding Cholesterol
- Setting SMART Goals

CPR Classes

- **Family and Friends**

The Family and Friends course is a modular course that teaches rescuers skills in CPR and relief of foreign-body airway obstruction. We present information about the AHA adult Chain of Survival and signs of heart attack, cardiac arrest, stroke and choking in adults. We also provide information on the AHA pediatric infant and child Chain of Survival, signs of choking in infants and children, prevention of sudden infant death syndrome and prevention of the most common fatal injuries in infants and children. Instructor - Student ratio is 1:9.

Intended Audience: Family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Course Length: 3½ - 4 hours

Class Size: Minimum of 6 and maximum of 18 per class

Cost: \$50.00 per person

- **Basic Life Support (BLS)**

The BLS Course is designed to teach the skills of CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device and oxygen); use of an automated external defibrillator (AED) and relief of foreign-body airway obstruction (FBAO).

Instructor - Student Ratio is 1:6.

Intended Audience: Designed for employee training at companies, corporations, businesses or other entities. For employees and/or designated first responders who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. Designed for healthcare providers.

Course Length: 4 – 4 ½ hours

Class Size: Minimum of 6 and maximum of 12 per class

Cost at Wellness Center: \$70.00 per person (includes book and card)

Cost at Company Site: \$80 per person (includes travel, book and card)

Skills Check-off at Wellness Center: \$40 per person