

St. Luke's Healthy Workforce



Employee Wellness Products & Services

Contact St. Luke's Healthy Workforce
for more information and/or pricing:
(636) 685-7752, option #2
healthyworkforce@stlukes-stl.com

Welcome To Healthy Workforce

In today's fast-paced and demanding work environment, the health and well-being of employees have become paramount concerns for businesses.

Chronic diseases such as heart disease, diabetes, and obesity are on the rise, posing significant challenges to both individuals and organizations.



St. Luke's Healthy Workforce

Wellness program collaborates with employers to assess, promote, and educate employees on the importance of self-care.

We help employers in identifying and addressing health risks while guiding employees to access available resources and connect with services and providers that will enhance health and well-being outcomes.



Executive Health



Employee Wellness



Occupational Health

Biometric Assessments

Standard **FINGER STICK** Biometric Assessments



Fasting Lipid Profile

- Triglycerides
- HDL
- LDL
- Total cholesterol
- Blood glucose level
- Risk ratio

OR

Non-fasting

- Total cholesterol
- HDL
- Blood glucose level

PLUS:

- Blood pressure
- Waist circumference
- Results consultation with a St. Luke's healthcare professional
- Wellbeing Survey
- **Six-month check up:** Tabling event that focuses on risks identified in the aggregate results
- **Online scheduler** available with automatic e-mail confirmation and reminders
- **Wellness Activities:** Two hours of education

Standard **VENOUS STICK** Biometric Assessments



Fasting Lipid Profile (includes triglycerides, HDL, LDL, total cholesterol and risk ratio)

- Complete blood count
- Complete metabolic panel
- Blood glucose level (fasting)
- Blood pressure
- Waist circumference
- Wellbeing Survey
- Results consultation with a St. Luke's health professional by request.
- High-risk participants receive personal consultation phone calls from a St. Luke's healthcare professional
- **Six-month check up:** Tabling event that focuses on risks identified in the Group Health Report
- **Online scheduler** available with automatic e-mail confirmation and reminders
- **Wellness Activities:** Two hours of education

Healthy Workforce Employer Follow-up Includes:

- Results recorded and displayed in Navigate Wellbeing Solutions platform (HIPAA compliant) for each participant.
- Dynamic, real-time Admin Reporting Dashboard available with an aggregate (de-identified) reporting survey and biometrics results.
- On-demand, details participation reports available.

Vascular Screening

Nationally Recognized Vascular Lab

St. Luke's Vascular Lab is accredited by the Intersocietal Accreditation Commission and is committed to high quality patient care through diagnostic imaging. We meet nationally recognized standards on state-of-the-art ultrasound equipment.



Early detection and proactive management of vascular disease is a key part of maintaining a healthy lifestyle. We offer three types of vascular screenings to help detect vascular disease. They include:

- Carotid Artery Disease screening
- Peripheral Artery Disease (PAD) screening
- Abdominal Aortic Aneurysms (AAA) screening

All three screenings together last approximately 45 minutes and are painless procedures that use ultrasound technology. All exams are performed by registered vascular technologists. Results are read by board-certified, vascular surgeons, with results sent to your home within one week.

Risk Factors for Vascular Disease

You should consider a vascular screening if you have any of the following risk factors:

- Age (50 years or older)
- Smoking
- High blood pressure
- Diabetes
- Obesity
- High cholesterol
- Family history for strokes, abdominal aortic aneurysm and heart disease
- Prior heart attack, bypass operation or coronary stent

Important Facts About Vascular Disease

Carotid artery disease is one of the leading causes of stroke. Most patients with significant carotid artery disease don't have any symptoms. This is what makes screening for the disease so valuable. Carotid ultrasound can detect these significant blockages before they lead to strokes.

Peripheral Arterial Disease (PAD) occurs when plaque deposits block arteries in the legs. The condition can be painful when walking or at rest and also can cause wounds to heal poorly. Smokers, former smokers, and diabetics are especially prone to PAD. PAD can be detected during a vascular screening.

Abdominal aortic aneurysms (AAA) occur when the wall of the largest artery in the body (aorta) weakens and starts to balloon. Left untreated, AAAs continue to dilate and can rupture. Less than 10 percent of patients with a ruptured aneurysm survive.

Most patients with AAAs don't have any symptoms, so screening ultrasounds are an important tool in the early detection and ultimate repair of aneurysms before they rupture.

Digital Mobile Mammography Van

The St. Luke's Hospital Mobile Mammography Van makes getting a mammogram more convenient by coming directly to you. St. Luke's van can be scheduled for visits to businesses, schools and other organizations as a stand-alone employee health offering or as part of an existing St. Luke's Healthy Workforce Employee Wellness partnership. Help your employees get the preventive healthcare they need right on site in just 15 minutes rather than taking a half day away from work.



The Mobile Mammography Unit visits various community sites all over the greater St. Louis area including each of the St. Luke's Urgent Care Centers.

To schedule a visit to your business or organization, or for more information, call 636-685-7752 option #2.

- St. Luke's Mobile Mammography Van offers 3D screening mammograms for women ages 40 and over.
- The Mobile Mammography Van can be scheduled Monday through Friday.
- St. Luke's provides promotional materials for van visits, and patients call a dedicated phone line to schedule an appointment for the event.
- There is no charge to the business or employer for having the Mobile Mammography Van come on site.
- As of January 2019, annual screening 3D mammograms are a covered benefit under all insurances in the state of Missouri.
- Most insurances are accepted. St. Luke's will submit all claims to participating insurance companies.
- St. Luke's Hospital is committed to saving lives through early detection. Women who are uninsured may be eligible for free mammograms.

Occupational Health



*For more information, please contact:
Phone: (636) 685-7752, option 1
Toll Free: (888) 512-6677
healthyworkforce@stlukes-stl.com*

St. Luke's Occupational Health partners closely with businesses to help manage their occupational health and workplace issues, including on the job illnesses, injuries, health initiatives, and workers' compensation claims.

Services Available Include:

- Work-related Injury and Treatment
- Onsite X-ray Services
- Physical Examinations
- Lab Services
- EKGs Available
- TB Screening
- Substance Abuse Testing
- Audiometric Testing
- Pulmonary Function Testing
- Respiratory Fit Training
- Immunizations (Hepatitis A, Flu, and more.)

[Learn more about St. Luke's Urgent Care Centers](#)

When you need prompt, minor medical emergency treatment, St. Luke's Urgent Care Centers offer eight locations throughout St. Louis, Jefferson and St. Charles County Counties.

Health & Wellness Coaching

Health and Wellness Coaching is an interactive partnership that assists employees who are interested in making healthy lifestyle changes. This program connects employees with a certified health coach to develop a personal wellness plan.

Each plan is customized to meet the goals of the employee. The health coach and employee can meet in-person, virtually, or via a hybrid model.

The certified health coach assists employees who are ready to make changes in their lifestyle but are not sure how or where to start. The health coach will help the employee focus on their goals.



Executive Physicals



St. Luke's Executive Health Program is located at the Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Center. Designed with corporate executives and professionals in mind, this program provides a focused diagnostic experience in a personalized environment. Our dedicated physician and health professionals provide a full spectrum of clinical evaluations and customized examinations.

For more information or to make an appointment for the St. Luke's Executive Health Program in St. Louis, please call (636) 685-7752, option #3 or email healthyworkforce@stlukes-stl.com. We will answer any questions you may have and set your appointment for a time and date that works well for you.

Employee Wellness Services

Educational Seminars

St. Luke's offers engaging educational seminars tailored to boost your team's well-being and productivity. Our health professionals cover a wide range of topics, including diet, fitness, heart health, and stress management, ensuring your team is at its best.



Manage Diabetes Risk with Confidence: *Diabetes Risk Assessment*

Take control of your health with our diabetes risk assessment. Our St. Luke's health professionals provide glucose tests, review risk factors, and offer A1C test results and consultations for those with abnormal results.



Revitalize Your Skin's Health: *Skin Analyzer Screening*

Discover the secrets to maintaining healthy skin. Our tabletop skin analyzer unit, paired with a skilled health professional, helps identify sun damage. Learn about the importance of regular sun protection and when it's time to consult a dermatologist.



Employee Wellness Services

Breathe Easy: Spirometry Screening

Optimize lung health with our spirometry screening. We measure how well a person's lungs work by measuring how much air is inhaled, exhaled, and how quickly the exchange takes place. This screening will provide resources to those who may need additional follow-up care.



Stay Flu-Free: Flu Vaccinations

Protect employees and families during flu season. Our flu immunization services offer both regular and high-dose vaccines for maximum protection. We make it easy by coming to your location, ensuring a convenient process. Plus, we offer flexible payment options, accepting insurance or direct billing to employers.



Employee Wellness Terms & Conditions

Healthy Workforce Employer Follow-up Includes:

- **Locations outside of a 20 mile radius** of St. Luke's Hospital (Chesterfield location) will be charged mileage at the federal rate for all mileage over 40 miles driven per vehicle (round trip).
- **Weekend Events:** All weekend events will have the regular cost for service plus a \$100.00 per health professional / per hour fee.