



Biometric Screening

For employers and individuals alike the first step in making meaningful changes in health is knowing your risks.

Biometric health screenings provide employers aggregate data of the overall health of their work force. For employees, testing provides a snapshot of their health status.

INHS offers biometric screenings for only \$45 per person. Screenings include:

- Cholesterol
- Blood glucose
- Blood pressure
- Weight/Height
- Body mass index (BMI)
- Waist circumference
- HgbA1c
- Tobacco use

About the Screening

Screenings take approximately 10-15 minutes and require just a finger stick blood sample. Results are given to the individual at the time of screening along with the follow up recommendations.

All biometric screenings are performed by INHS Registered Nurses (RN) and Registered Medical Assistants (MA-R). INHS provides screenings in a confidential setting which can take place at the worksite or at the INHS Community Wellness Center.

"Our company utilizes INHS for biometric screenings annually. We provide incentives to our employees based on the results. Our employees are very thankful for the great service and information provided to them on a one-on-one basis and have used the information to improve their health. We received a summary of the results for our employee population as a whole. The comprehensive reports assist us in identifying areas where we can improve health education and services that help employees improve their health."

- Samantha Bragg, Red Lion Hotels Director of Compensation and Benefits



INHS offers an extensive array of affordable screenings that provide individuals the information they need to make wise choices for health and well-being.

Call us for additional information and to schedule screenings: (509) 232-8138.

For Employers

Contracting with INHS is cost-effective. Our prices are highly competitive and performing the tests at the work site assures minimal disruption to employees and the work schedule.

After the screening the biometric data is aggregated and analyzed. The employer receives a comprehensive wellness report for the entire employee population, including:

- Health risks for obesity, hypertension, and metabolic syndrome
- Specific recommendations the employer can utilize to create a healthier workplace

Follow-up biometric screenings can be scheduled and data compared to determine the effectiveness of wellness programs implemented by the employer.

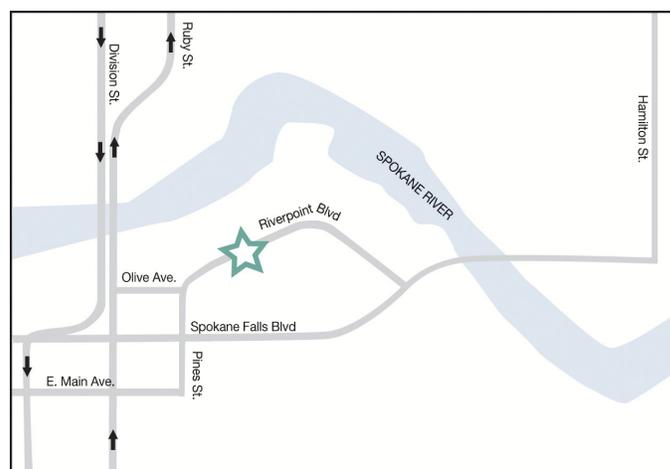
Additional Services

Once risks are identified, INHS provides a number of services to help individuals address their health needs. Our INHS professional staff is made up of registered dietitians, registered nurses, certified diabetes educators, exercise physiologists, pharmacists, massage therapists and tobacco cessations specialists. We work together to meet individual needs and increase overall health of an organization's work force through a combination of programs and services. Services include:

- Health coaching
- Nutrition education and weight loss seminars
- Comprehensive diabetes education
- Licensed massage
- Educational seminars and classes

Additional Screenings Available:

- Peripheral Vascular Disease
- Peripheral Artery disease
- Bone density
- MedGem metabolic testing
- Cholesterol and HgbA1c testing can be done independent of a full biometric screening



INHS Community Wellness Center

When your organization partners with INHS, you support a local non-profit that provides vital health programs and services in our community.

501 N. Riverpoint Blvd., Suite 245
Spokane, WA 99202
509-232-8138
wellness.inhs.org



Community Wellness is a service of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.