



6 Ways to Reduce Turnover and Increase Employee Productivity

1. Schedule Biometric Screenings at Your Workplace

Rising healthcare costs doesn't have to mean rising risks for your team. Take proactive control with CHA's convenient, on-site biometric screenings. Our on-site screenings help detect hidden threats like high blood pressure, elevated cholesterol, and abnormal blood glucose before they become costly problems.

Our team helps deliver fast, comprehensive screenings right at your office, making it effortless for employees to monitor essential health metrics without disrupting their day. Expert staff are on hand to share instant results, offer personalized guidance, and outline clear next steps, which empowers your workforce to take charge of their health.

With over 30 years of trusted experience transforming workplace wellness, CHA clients consistently see improved employee health, higher engagement, reduced absenteeism, and stronger overall well-being. Hear directly from our CEO on a recent podcast about how our team's screenings literally helped save a life [here](#).

- Explore our flexible Biometric Screening Plans, pricing, and scheduling options [here](#). Contact us to request a proposal or schedule your on-site event. Your employees (and your bottom line) will thank you!

2. Invest in the Mental Health of Your Employees

In today's fast-paced world, anxiety and stress can quietly impact focus, morale, and performance. Show your team you truly care by offering CHA's convenient, online GAD-7 Mental Health Assessment. This assessment is a validated, evidence-based tool trusted worldwide to measure anxiety severity in a matter of minutes. Employees complete the quick 7-question screening privately and securely (using a HIPAA-compliant platform), receiving a personalized PDF report including:

- Their GAD-7 score and clear symptom insights
- Practical resources for support and next steps
- A compassionate, encouraging note with guidance on seeking help

HR and leadership receive a comprehensive, anonymized recommendation report to guide proactive workplace support, which helps reduce burnout, boost engagement, and build a resilient, thriving culture. Investing in mental health pays dividends: higher productivity, lower turnover, stronger loyalty, and a workplace where people feel valued and supported.

3. Schedule an Annual On-Site Flu Vaccination Clinic

Flu season can hit your business hard, but you can stop it before it starts. Give your employees the gift of protection with CHA's convenient, on-site flu shot clinics, bringing the annual flu vaccination directly to your workplace.

Why make flu prevention easy for your team?

- **Reduces absenteeism** and keeps productivity high during peak season
- **Lowers healthcare costs** by preventing serious complications
- **Demonstrates genuine care** by showing employees you prioritize their health and well-being

CHA handles everything:

- Expert, licensed nurses on-site
- Quick, efficient process with minimal disruption
- Secure, user-friendly **online appointment scheduling** so employees can book at their convenience
- HIPAA-compliant and fully insured

Best time to vaccinate: September through November for maximum protection.

Best time to book: Late spring or early summer is the best time to lock in your preferred date and avoid scheduling conflicts as demand surges!

Visit our [website](#) for more information about prices and availability.

4. Connect Your Employees with a Health Coach

Post-pandemic, 7 in 10 adults are motivated to prioritize their health yet many struggle to know where to start or how to stay on track without expert support. CHA bridges that gap through our powerful partnership with Optavia, delivering a proven, coach-guided program that makes sustainable change achievable and supported.

Here's how it works for your team: Employees are paired with a certified Optavia Health Coach at no additional cost to your company. The program emphasizes personalized weight loss while improving critical health markers like cholesterol, blood glucose, and blood pressure, which build on insights from CHA's biometric screenings for truly tailored guidance.

Participants purchase their own Optavia Fuelings (nutritionally balanced, convenient options) and receive ongoing weekly check-ins, accountability, and motivation from their dedicated coach, turning good intentions into lifelong healthy habits.

This coach-supported approach helps employees lose weight faster and more effectively than going it alone, while fostering greater energy, focus, and resilience at work. It's the perfect follow-up to a biometric screening: actionable data + expert coaching = real, measurable results. Show your workforce you're invested in their long-term success, not just a one-time event. Partner with CHA and Optavia to empower healthier, happier, more productive employees. *Ready to bring health coaching to your next biometric screening or wellness initiative?*

5. Schedule Regular Seminars on Health and Wellness Topics

Your employees want to thrive so give them the knowledge and tools to make it happen. CHA's wellness seminars deliver high-impact, interactive sessions tailored exactly to your team's needs, interests, and current health priorities.

Why choose CHA seminars?

- **Cover a Wide Array of Topics:** From stress management and nutrition basics to sleep optimization, mental resilience, chronic disease prevention, ergonomic health, and more
- **Flexible Formats & Lengths:** 30-minute lunch-and-learns, 60-minute deep dives, or 20 minute recorded sessions, we fit your schedule, whether virtual, in-person, or hybrid
- **Engaging, Expert-Led Delivery:** Our knowledgeable facilitators make complex health topics approachable, actionable, and fun
- **Proven Outcomes:** Teams walk away with practical strategies that boost energy, reduce stress, improve focus, and enhance overall well-being

Investing in wellness education sends a powerful message: your company values people's long-term health and happiness. The payoff? Higher job satisfaction, stronger engagement, lower burnout, reduced absenteeism, and a more positive, productive workplace culture.

Ready to spark real change and build a thriving, wellness-focused environment? See our [website](#) for the titles with a description of each seminar and start creating a thriving, wellness-focused workplace today!

6. Enroll in a Year-Long Wellness Program

Take your workplace wellness to the next level with CHA's comprehensive Year-Long Wellness Program and enjoy **up to 10% savings** on all services when you commit to a full-year approach!

Here's the smart way to invest: Schedule three qualifying services from the offerings above, across two or more events throughout the year for the 10% discount.

This holistic strategy delivers year-round prevention and support which can catch issues early, protect against seasonal threats like flu, assess skin and bone health risks, guide sustainable lifestyle changes, address mental well-being, and educate your team for lasting results.

The proven benefits for your organization?

- Reduced turnover through higher employee satisfaction and loyalty
- Boosted productivity with fewer sick days, better focus and energy
- Lower healthcare costs by preventing chronic conditions and complications
- Stronger culture where employees feel genuinely valued and supported

With CHA handling the logistics with our on-site clinics, expert staff, easy scheduling, and HIPAA-compliant processes, you get seamless execution and real ROI.

If you are interested in any of our above services, please contact us below.

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