



Year-Long Wellness Program

At Clinical Health Appraisals (CHA), we believe that prioritizing employee health and well-being is a powerful way to demonstrate their value to your organization. Our Year-Long Wellness Program offers customizable preventative health screenings, flu vaccinations, and wellness events throughout the year, along with exclusive discounts on all CHA services. By enrolling, your company can boost employee engagement, satisfaction, and healthy habits while reducing long-term healthcare costs.

Program Options

- **Silver Year-Long Wellness Program:** Includes two events per year (maximum of one in the fall) and a 5% discount on all qualifying CHA services.
 - One event must exceed \$900 in total cost to qualify for the discount.
 - Any events under \$440 will not be eligible for a discount.
 - Multi-site clients will be handled on a case-by-case basis.
- **Gold Year-Long Wellness Program:** Includes three or more total services over 2 or more events with (a maximum of one in the fall) and a 10% discount on all qualifying CHA services.
 - Two events must exceed \$900 in total cost to qualify for the discount.
 - Any events under \$440 will not be eligible for a discount.
 - Multi-site clients will be handled on a case-by-case basis.

Benefits of Preventative Screenings

Our on-site screenings can help employees detect and prevent serious conditions like stroke, heart attack, diabetes, and more. We also offer online mental health assessments to support emotional well-being. Additional benefits include:

- Reduced disability and workers' compensation claims through early detection.
- Increased productivity by minimizing health-related absences.
- Improved loyalty and lower turnover, saving on recruitment and training costs.

When employees feel cared for, they're more motivated and committed—translating into significant bottom-line savings. It's a win-win: you save on costs, and your team gains convenient access to preventative care.

Available Screenings and Events

Here are some of the wellness options included in the program:

1. **Biometric Screenings** ([Gold, Silver or Bronze Plans](#)) - This screening assesses critical health markers like elevated cholesterol, high blood pressure, excessive body fat, and early diabetes indicators. Employees receive a personalized report of their numbers, and if anything is out of range, our team provides encouragement and tips for healthier living, suggesting a visit to their doctor if needed. These metrics are vital for tracking overall wellness. Click [here](#) and read the first point to learn more. The current price per participant is listed [here](#).
2. **Flu Vaccination Clinic** - CHA brings flu shots to your workplace, typically in fall or early winter, to protect employees from seasonal flu. Offering this on-site makes it easy and accessible, helping reduce illness-related absences and showing your team you care. Click [here](#) and read the third point to learn more. The current price per participant is listed in this [link](#).
3. **Anxiety Mental Health Questionnaire** - The GAD-7 provides a fast, evidence-based tool to detect anxiety and stress early, enabling targeted support. Upon completion, participants receive a personalized PDF with their score, symptom insights, resources for seeking help, and a supportive note offering further guidance. Clients gain a comprehensive recommendation report to empower staff support, fostering a productive team. The current price per participant is listed in this [link](#).
4. **Depression Mental Health Questionnaire** (Coming Soon) - Based on the PHQ-9, this online assessment screens for depression symptoms. Results are emailed, and it comes with a report offering practical steps to improve mental well-being in your workplace.
5. **Osteoporosis Screening** - CHA's [Bone Mineral Density](#) (BMD) test quickly evaluates fracture risk due to osteoporosis. Done on-site in minutes, it's especially useful in winter when falls are more common. Pricing is per hour and is listed in this [link](#).
6. **Sun Damage Screening** - With our [DermaScan](#) machine, we screen for sun damage—a skin cancer precursor—and test sunscreen effectiveness. Perfect for spring or summer when sun exposure peaks, it's educational but not a substitute for a dermatologist. Priced per hour and is listed in this [link](#).
7. **HbA1c Diabetes Screening**- This blood test measures average blood sugar over three months, offering a reliable way to spot diabetes or prediabetes. It's more comprehensive than a single glucose check, aiding early intervention. The price per participant is listed in this [link](#).

8. [Tuberculin \(Mantoux\) TB Skin Test \(TST\)](#) - We administer a TB protein injection and check results 48-72 hours later with a nurse visit. A positive result shows past exposure, not active TB, which requires further tests. The price per participant is listed in this [link](#).
9. [Tuberculosis \(TB\) Risk Assessment](#) - This questionnaire assesses TB risk based on factors like travel or health history. Low-risk employees may avoid the TST, while high-risk ones are referred for more testing. Available in-person or via Zoom; priced per hour in this [link](#).
10. [Health and Wellness Seminars](#) - We offer engaging workshops on topics like stress management, nutrition, and disease prevention, tailored to your team. Choose in-person, Zoom, or pre-recorded formats. Explore topics and pricing [here](#). *Total must exceed \$450 for the discount.*
11. [Chair Massage Therapy](#) - Our partnered therapists provide on-site 12-15 minute chair massages during 4-6 hour shifts, helping employees relax, reduce stress, and feel valued.

Here are some suggested examples of what a Year-Long Wellness Program could look like:

Silver Year-Long Wellness Program (5% Off All CHA Services)

	Option A	Option B	Option C	Option D
Spring	Preferred Biometrics Plan	DermaScan	Chair Massage Therapy	BMD Testing
Fall	Flu Clinic	Preferred Biometrics Plan	Flu Clinic	Preferred Biometrics Plan

Gold Year-Long Wellness Program (10% Off All CHA Services)

	Option A	Option B	Option C
Non-Fall Event #1	Preferred Biometrics Plan	GAD-7 Mental Health Assessment	Preferred Biometrics Plan
Non-Fall Event #2	Chair Massage Therapy	None needed	BMD Testing
Fall	Flu Clinic	Preferred Biometrics Plan and Flu Clinic	Flu Clinic

If you are interested in enrolling in the Year-Long Wellness Program, please fill out this [form](#) or contact us below. Once your events are scheduled, we will apply the discount to all of your events.

Jared Otto, CEO/Owner

(916) 585-3852

jared@clinicalhealthappraisals.com • clinicalhealthappraisals.com

Table of Contents

Program Options	1
Benefits of Preventative Screenings	1
Available Screenings and Events	2
Biometric Screenings	2
Flu Vaccination Clinic	2
Anxiety Mental Health Questionnaire	2
Depression Mental Health Questionnaire (Coming Soon)	2
Osteoporosis Screening	2
Sun Damage Screening	2
HbA1c Diabetes Screening	2
Tuberculin (Mantoux) TB Skin Test (TST)	3
Tuberculosis (TB) Risk Assessment	3
Health and Wellness Seminars	3
Chair Massage Therapy	3
Silver Year-Long Wellness Program (5% Off All CHA Services)	3
Gold Year-Long Wellness Program (10% Off All CHA Services)	3