

UPMC Hamot

WORKSITE WELLNESS SERVICES UPMC HAMOT CORPORATE HEALTH



HEALTH SCREENINGS

Cardiovascular risk assessment: Lipids, blood pressure, blood sugar, weight, BMI, sleep apnea screening. **Cost: \$25**

Carotid artery screening: Ultrasound imaging of arteries in neck. **Cost: \$40**

Bone density test: Peripheral scan of ankle for ages 50+. **Cost: \$10**

Pulmonary function test: Spirometry assessment of lung function. **Cost: \$10**

Sleep apnea: Questionnaire-based screening and neck circumference measurement to assess for sleep disorders. **Cost: \$10**

COACHING

\$35 for a 30-minute session

\$70 for a 60-minute session

Health Coaching

Is it time to regain control of your health and well-being? Health coaching addresses issues such as lifestyle modification (healthy eating, fitness, stress, sleep), migraines, digestive issues, menopause management, premenstrual syndrome, heart disease, and low bone density.

Nutrition Coaching

Do you need ongoing guidance in improving your diet? Our registered dietitians can help you address weight loss, high cholesterol, high blood pressure, diabetes, and more.

Fitness Coaching

Our fitness specialist can develop an exercise program for you based upon your current level of fitness, medical history, and goals. You can expect to see an improvement in your muscle strength, aerobic endurance, and flexibility.

To make an appointment or for more information, call **814-877-5481**.

Sterling Square
3330 Peach St.
Suite 211
Erie, PA 16508

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CONSULTATIVE SERVICES

No charge

Our wellness experts will assist you in assessing the needs of your employees and developing a plan designed to improve their health and contain your health care costs.

WELLNESS PROGRAMS

\$75 per 30 to 60 minute program

If you have a topic in mind that isn't listed below, let us know and we will develop it for you.

- 10 Foods Everyone Should Eat
- Cutting Back on Sugar
- Tame Your Sweet Tooth
- Nutrition Tips for Eating Out
- Variety for Vitality (nutrition)
- Getting a Leg Up on Varicose Veins
- Quitting Smoking: Know Your Options
- Stretch Yourself: Chair Yoga
- Put Snoring to Rest
- Oh My Aching Back
- Dealing With Knee Pain
- Fitness & Flexibility
- Heading Off Migraines
- Vascular Disease: What You Don't Know May Kill You
- Cool Off: Managing Menopause
- Live Well: Feel Well
- Learn to Stress Less



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