



Reducing or preventing the obstacles  
to productivity



Comprehensive  
Health Services



## Programs tailored to specific needs and goals

Comprehensive Health Services designs and manages wellness and health education programs. We help reduce health care costs by minimizing or preventing the most significant obstacles to productivity: employee illness, injury and absenteeism. We manage risk factors and lifestyle issues that affect employee health, creating targeted health intervention programs and services designed to be innovative, effective and fun.

A major goal of any wellness program is to make an employee aware of his or her risks and open up a dialog with a physician. Our wellness and health promotion programs educate, support, coach and monitor individuals to generate improvement. We identify employees' risks, motivate them to make healthy behavior changes, and track the progress.

CHS understands the dynamics of each organization and provides customized assistance to help maximize the benefits of wellness programs. The success of our time-proven programs enables us to show employers exactly where to invest in wellness for the greatest return. The ultimate benefit to the organization is improved productivity, and that drives value across the organization to the bottom line.

## An opportunity for significant cost savings

The Bureau of Labor Statistics (BLS) shows that over the past ten years, employee-provided health insurance, short- and long-term disability and workers' compensation programs have combined to account for close to 10% of all payroll costs in the United States. If employees assumed a more active role in managing their health and medical care, working more closely with their health care providers, employers would see both reduced organizational health care costs and improvements in on-the-job productivity. CHS wellness and health promotion programs reduce health care costs by tracking employee progress and generating a return on investment.

## Time-tested, tailored programs

CHS customized wellness programs are tailored to customers' productivity goals, employee risk profile, and budget.

We believe some of the specific elements for a successful health promotion program, as supported by Healthy People 2010, begin with:



- Implementation of policies that promote health and reduce risk of disease
- Dissemination of awareness-building information tailored to employees' interest and needs
- Health education and skills development focusing on behavior change
- Implementation of screening programs linked to medical care, to ensure follow-up and appropriate treatment
- Creation or refinement of supportive social and physical environments
- Integration of the worksite program to the worksite's organizational structure
- Demonstration of support from senior level management
- Coordination with related programs such as employee assistance (EAP), balance work and family programs

CHS also recognizes that each member of a wellness program is unique, requiring different methods of motivation and activities to stimulate improvements in his or her health and well-being. Success depends on employee motivation, and we have developed innovative ways proven to accomplish it.



**Education programs** are non-diagnostic events that help employees better understand the condition they are in, the risks they may be facing and the options available. Events can include simple seminars and brown bag lunch presentations or more comprehensive seminars or health fairs. Some of the topics that can be presented include:

- Nutrition–weight management and nutrition counseling
- Musculoskeletal injuries and low back pain management
- CPR/AED (Automated External Defibrillator)—adult, infant and child
- Heart disease, diabetes, cancer, stress management
- Asthma and allergy management
- Depression education and preventative measures
- Sports injuries

**Biometric screenings** establish an accurate picture of each employee's level of health and the risks he or she may be facing. A sample of our screenings includes:

- Cardiovascular risk factors
- Mammography screening
- Body composition screening
- Skin cancer screening



**Health risk assessments** are online self-reported tools that add a level of convenience and, for larger or more distributed organizations, the element of speed in building a workforce health overview. Our health risk assessments and medical screenings give customers and their employees a clear picture of individual health risks and offer suggestions on lifestyle management to reduce or eliminate those risks.

**Internet health promotion** services are also available as a part of CHS' wellness and health initiatives. Our e-management program – including a complete set of health promotion tools and interactive educational materials – removes physical or geographic barriers to create an electronic bond with employees and deliver fitness or wellness via the Internet. We can assemble a private label, state-of-the-art wellness web site, providing easy access to and tracking of wellness information. Sites can also be tailored to fit the needs and restrictions of the corporation and customized by each participant to meet his or her individual preferences.

**Lifestyle management programs** focus efforts of a personal CHS health advisor on individuals who have elevated health risks but who are not yet diseased, to lower their risk factors with a series of specific, measurable lifestyle changes. If needed, we can assist with several additional program support areas, such as fitness center program and design and exercise equipment specification.

## The CHS advantage

Our wellness and health promotion programs address both individual and workforce health issues *as part of a comprehensive program for improving employee health, reducing costs and minimizing risk.*

We maintain a highly qualified staff that is visibly committed to motivating employees to improve their health and habits. Our delivery programs are effective at serving the needs of large or geographically dispersed organizations, and the information we distribute and practices we demonstrate are all recommended and/or approved by the U.S. Surgeon General, Center for Disease Control, American College of Sports Medicine and other leading authorities.

CHS implements programs that demonstrate results on the bottom line. Our trackable wellness programs are built on a proven business model that both reduces costs and addresses productivity issues.

Every CHS program and facility combines individualized attention with nationwide expertise. Over 30 years of experience serving the largest organizations in the public, private and government sectors provides us with the tools and best practices to help deliver:

- Lower employee health costs
- Increased workforce productivity
- Fewer lost workdays
- Healthier, more stable workforce
- Lower disability claims and costs
- Deserved reputation as an employer of choice
- Strengthened bottom line



For information on CHS Wellness and Health Promotion programs please call 1-800-761-6333 or visit [www.chsmedical.com](http://www.chsmedical.com)

# About CHS

Founded in 1975, Comprehensive Health Services, Inc. (CHS) is a leader in the management of nationwide workforce health programs. We offer major corporations and government agencies flexible, customized employee health services, from pre-placement and fitness-for-duty exams to workers' compensation, disability and case management, medical surveillance, and wellness and health promotion programs.

CHS is the only major firm with a broad, three-fold service delivery capability—worksite health programs, an extensive national network of health care providers, and medical readiness teams. This approach enables us to build the most flexible and ideal workforce health programs to fit the special needs of each client's workforce demographics, health risks, and productivity goals. *Our services are available individually, in clusters, or as a single, comprehensive and seamless employee health program.*

- Onsite Health Centers
- Medical Exams
- Wellness and Health Promotion
- Absence Management
- Environmental Health and Safety

We partner with our customers to understand their businesses and build customized solutions that put employees first. CHS' proactive, comprehensive approach—refined by best practices built on decades of experience—helps customers maintain a healthier, more stable and productive workforce.



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For more information visit [www.chsmedical.com](http://www.chsmedical.com)