

*CHRONIC DISEASE MANAGEMENT AT THE  
HEALTHIEST COMPANY ON THE PLANET:*

# **THE VALUE OF A MULTIDISCIPLINARY WORKPLACE CLINIC**



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# BARRIERS TO CARE



**Cost**



**Time**



**Transportation**



**Providers**

# BENEFITS OF WORK PLACE CLINICS IN THE LITERATURE

## **Cost Savings:**

- Work place visits 42% the cost of community visits (Turner, 2010)
- Saving \$1.00 for every \$0.15 spent in workplace clinic (Turner, 2010)
- Saving \$6.69 for every \$1.00 spent on care in the workplace clinic (Fox & McCorkle, 2018)
- Saving \$2.23 in saved sick time per \$1.00 spent on care in workplace clinic (Baicker, Cutler & Song, 2010)

## **Time Savings:**

- Average of approx. 3 more productive on the job hours for workplace visits  
(Shahly, Kessler & Duncan, 2014)

## **Employee Satisfaction:**

- 95% of employees would recommend their workplace clinic to coworkers
- 96% of employees would return to the workplace clinic

(Conover et al, 2015)

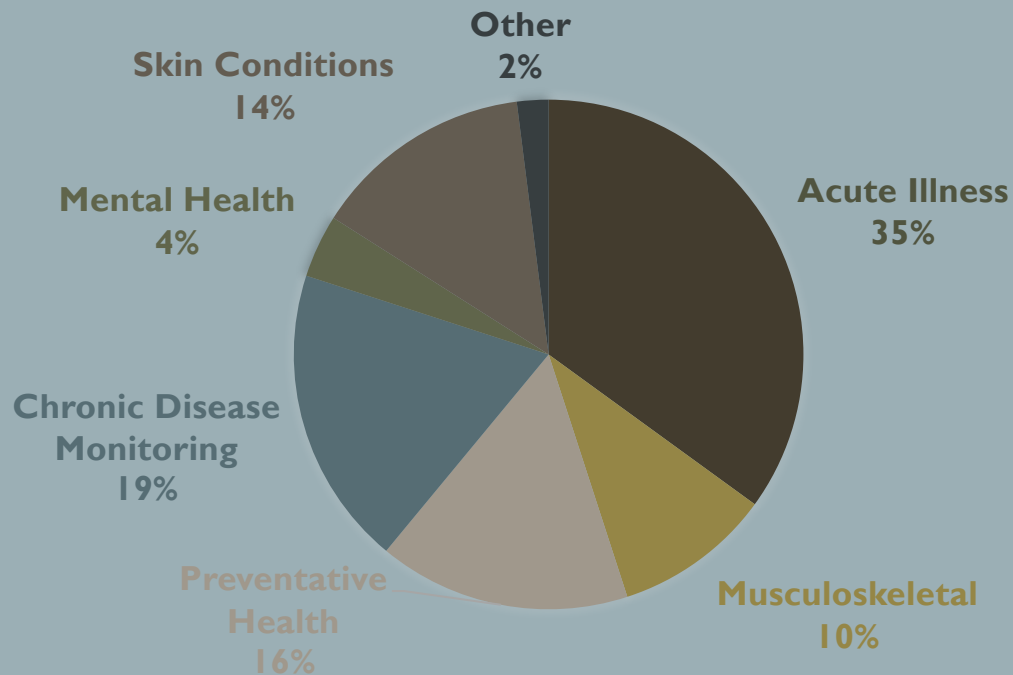


# TREK BICYCLE CORPORATION'S INTEGRATIVE HEALTH CENTER

*The Healthiest Company on the Planet*

# INTEGRATIVE HEALTH CENTER SERVICES

## REASON FOR VISIT 2018



## Providers available at no cost:

- Family Nurse Practitioner
- Athletic Trainer
- Registered Dietician
- Psychotherapist

## Services at no cost:

Office visits:

- Primary care, chronic disease, urgent
- Pre-travel planning
- Skin lesion removals
- Laceration repair
- Allergy injections
- Lab work
- Vaccinations
- Electrocardiograms
- Pulmonary Function Testing

## Copay or fee-based services:

- Chiropractor
- Acupuncturist
- Massage Therapist
- Medication Dispensing



## BENEFITS OF INTEGRATIVE HEALTH CENTER

### **Cost Savings**

- Trek saved over \$200,000 average net annual savings in cost of care for services provided on-site
- Health Insurance premiums have not increased in price in 6 years
- Less employee time missed

### **Health of Employees**

- Improved chronic disease management
- Timely management of acute issues
- Ability to follow patients closely
- Early intervention for health risks
- Access to integrative care

# ANNUAL BIO SCREENING

## Purpose:

- Early detection of chronic disease
- Regular monitoring of disease control

## Includes:

- Lipids, hgb A1c, cotinine levels, BP
- BMI, body fat %, waist circumference

## Results:

- Scores awarded on 100 point scale
- Under 75 referred for additional resources

## Biometric Scorecard

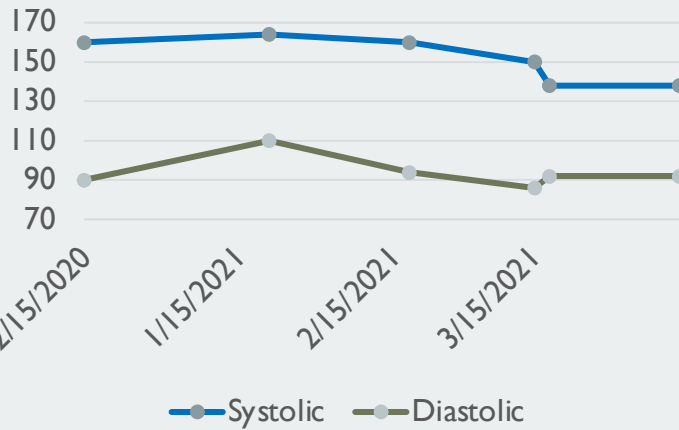


	MINIMAL	MODERATE	MEDIUM	HIGH	EXTREME
<b>Nicotine</b>					
Actual lab result	Negative	Negative	Negative	Negative	Positive
All participants	Never or Quit 24+ months	Quit 18 - 24 months	Quit 12 - 18 months	Quit Now - 12 months	Current Nicotine Use
Points	24 points	24 points	24 points	24 points	-6 points
<b>Weight*</b>					
Waist measurement	BMI Range	BMI Range	BMI Range	BMI Range	BMI Range
Male waist $\leq$ 40"	18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40+
Male waist > 40"	18.5 - 24.9	N/A	25 - 29.9	30 - 39.9	40+
Female waist $\leq$ 35"	18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40+
Female waist > 35"	18.5 - 24.9	N/A	25 - 29.9	30 - 39.9	40+
Points	24 points	18 points	12 points	6 points	0 points
* Your weight, along with where you carry it, both factor in to your overall risk category. Your actual risk is determined by your waist and Body Mass Index (BMI) measurement. First, identify the line with your waist measurement. Then, continue along that same line to your BMI to determine which risk category and points you achieved. A BMI of $<18.5$ will result in a loss of 6 points for underweight individuals due to associated health risks.					
<b>Blood Pressure</b>					
Systolic (Upper number)	119 or lower	120 - 129	130 - 139	140 - 159	160 or higher
Diastolic (Lower number)	and 79 or lower	and 79 or lower	or 80 - 89	or 90 - 99	or 100 or higher
Points	16 points	12 points	8 points	4 points	0 points
If your systolic and diastolic are in different point categories the lower point category was reported.					
<b>Hemoglobin A1c</b>					
All participants	0.0 - 5.6	5.7 - 6.0	6.1 - 6.4	6.5 - 6.9	7.0 +
Points	12 points	9 points	6 points	3 points	0 points
<b>Triglycerides</b>					
All participants	149 or lower	150 - 199	200 - 349	350 - 500	501 or higher
Points	8 points	6 points	4 points	2 points	0 points
<b>LDL (Bad) Cholesterol</b>					
All participants	100 or lower	101 - 115	116 - 130	131 - 160	161 or higher or unknown*
Points	4 points	3 points	2 points	1 point	0 points
*The "unknown" point category indicates a risk factor of a triglyceride level of 401 or higher.					
<b>HDL (Good) Cholesterol</b>					
Males	50 or higher	45 - 49	40 - 44	35 - 39	34 or lower
Females	60 or higher	50 - 59	40 - 49	35 - 39	34 or lower
Points	4 points	3 points	2 points	1 point	0 points
<b>Total Cholesterol</b>					
All participants	200 or lower	201 - 220	221 - 240	241 - 260	261 or higher
Points	4 points	3 points	2 points	1 point	0 points
Despite actual Total Cholesterol, you may have achieved higher points due to a better Total Cholesterol/HDL Ratio.					
<b>Total Cholesterol/HDL Ratio</b>					
Males	3.3 or lower	3.4 - 4.0	4.1 - 5.5	5.6 - 8.5	8.6 or higher
Females	3.3 or lower	3.4 - 4.0	4.1 - 5.5	5.6 - 7.0	7.1 or higher
Points	4 points	3 points	2 points	1 point	0 points
Total Cholesterol/HDL Ratio is Total Cholesterol divided by HDL Cholesterol.					
<b>Total Points</b>	<b>100 - 86 points</b>	<b>85 - 71 points</b>	<b>70 - 61 points</b>	<b>60 - 51 points</b>	<b>50 points or lower</b>

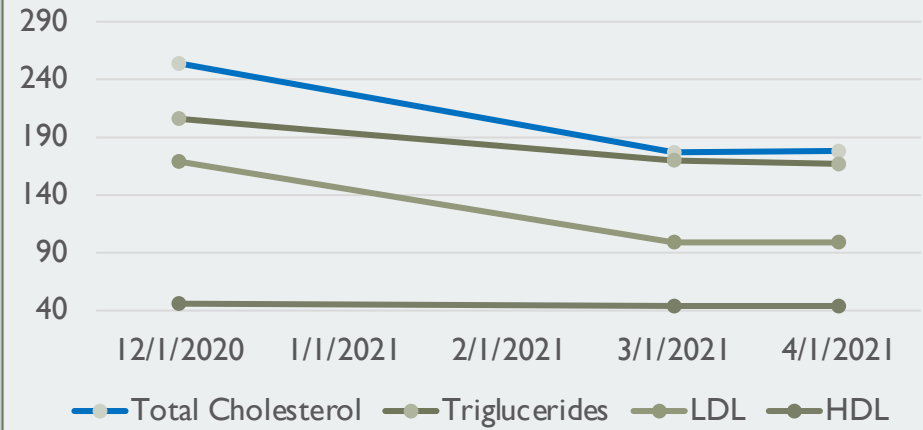
Values used on this scorecard are guidelines for prevention of known health risks and may be different than treatment guidelines utilized by your primary care provider.

# CHRONIC DISEASE MANAGEMENT

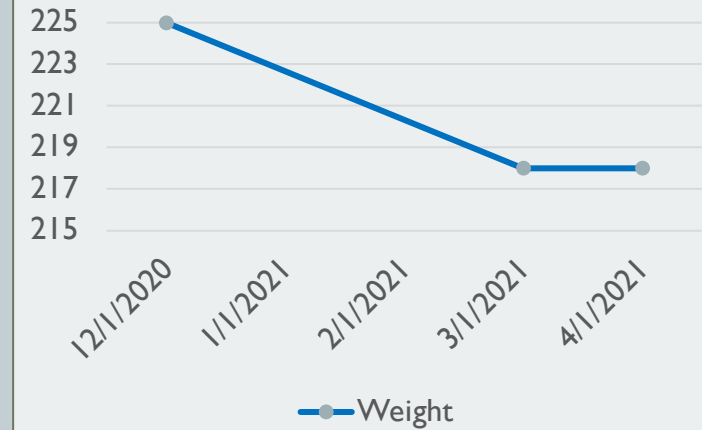
## Blood Pressure



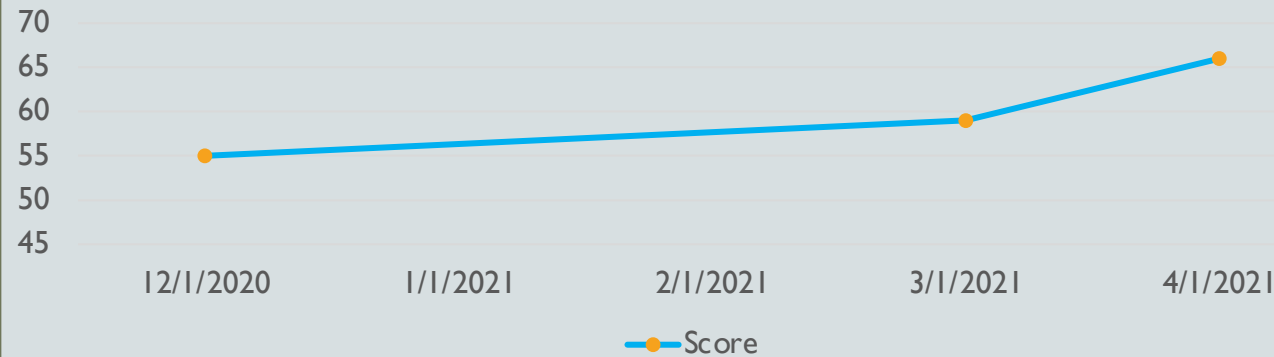
## Cholesterol



## Weight



## Bioscreen Score





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