



## BRIGHTEN YOUR WINTER SEASON INITIATIVE

Do you suffer from any of the following each winter:



- Feel more lethargic or sluggish?
- Have difficulty getting up in the morning?
- Go over budget every year and worry about paying the bills for months?
- Feel guilty or blame yourself for things going wrong?
- Have difficulty concentrating?
- Struggle performing tasks?
- Have increased cravings for sweets, sodas, and high-carb foods (items that give quick energy or make you feel good)?

This program contains two parts to help employees de-stress and have a better winter season.

Let's beat the *Holiday Stress and Blues* this year!

## HEALTH FAIR REPORT

IPSC offers the screenings and blood tests at the annual Health Fair for several reasons:

1. To provide a quality benefit for employees and their families.
2. To detect early warning signs of illness. If illnesses can be detected early, then employees will be healthier and more productive, resulting in overall reduced medical expenses.
3. It is more cost effective than having the tests performed by an outside health care provider.

Participating in these tests helps create awareness and draws attention to the importance of good health and the steps employees and their families can take to stay healthy.

A screening DOES NOT replace going to a doctor. One of the biggest mistakes an individual can make is to think that a health screening takes the place of seeing a doctor. This assumption can create a

false, and sometimes deadly, sense of security. It is a proven fact that individuals with normal blood pressure and cholesterol levels, or those who are thin or exercise regularly, can still suffer a heart attack and/or stroke. Many of these individuals die because they ignore the obvious warning signs.

Many employees participated in the Health Fair and may now be wondering what to do with the blood test results. Discuss the results with a physician. The benefits of seeing a doctor regularly far exceed the inconvenience associated with it. Past medical history, family history, and other risk factors need to be determined and a personalized plan established to lower your health risk.



If the results of the health risk questionnaire or health fair screenings demonstrated high risk, we can help. If your test results showed high blood pressure, high blood sugar, high cholesterol, or metabolic panel flags, please contact Ginger Whatcott or Brian Coles for further information regarding how these results can be lowered. Counseling, education, medical tracking, nutritional analysis, and wellness programs will be offered to help support employees in their efforts to improve the test results. In addition, the IPSC medical staff will monitor all activities regularly throughout the entire personalized program as desired.

Ginger can provide excellent results with health coaching and Brian can design programs to help lower high risk results. All information is kept confidential. Participants can earn incentives for lifestyle changes that improve health as well.

