

The Value

**START NOW
ON THE
STEPS TO**

RMH
well·LIFE
Think well ✓ Live well ✓ Be well ✓



**WORK SMART BY
INVESTING IN
YOUR
GREATEST
ASSET
YOUR
HEALTH**

The Core Program (Items Marked *Included) \$ 160.00 per person per year

Well LIFE Health Assessment*	\$ 25.00 per person
Well LIFE Fitness Testing*	\$ 15.00 per person
Well LIFE Health Assessment review and goal setting*	\$ 35.00 per person
Well LIFE Health Information*	\$ 10.00 per year
Well Life Exercise Personalized Program (one time)*	\$ 35.00 per person
Nutrition/Diet Assessment	\$ 35.00 per person

Screenings:

Percent Body Fat/Lean Body Mass*	\$ 10.00 per person
Blood Pressure*	\$ 5.00 per person
Lipid Profile (includes cholesterol)*	\$ 30.00 per person
Cholesterol	\$ 15.00 per person
Glucose*	\$ 10.00 per person
HgbA1c	\$ 10.00 per person
Prostate w/ PSA Blood *	\$ 16.00 per person
Thyroid Profile	\$ 60.00 per person
Colorectal Cancer Screening Kits	\$ 15.00 per person
Mammograms with reading	\$ 185.00 per person
Hearing Screen	\$ 25.00 per person
Osteoporosis T-score	\$ 205.00 per person

Goal Setting--Quarterly visits* \$ 10.00 per person/per visit

Well LIFE Calendar* \$ 5.00 per person

Well LIFE Educational Seminars* (live or DVD quarterly) \$ 10.00 per session

WEIGHT No More (10 week program) \$ 50.00 per person

Ergonomic and Work Safety Analysis to be determined

Massage \$ 20.00 / 30 minutes

Chair Massage \$ 15.00 / 15 minutes

CPR Training \$ 25.00 per person

First Aid Training (includes CPR) \$ 50.00 per person

Vaccinations

Influenza (Flu) Vaccination (Advance notice required) \$ 25.00 per person

Hepatitis – B Vaccination (3-shot series) \$120.00 per person

Tetanus/Diphtheria \$ 5.00 per person

Tuberculosis (TB) Skin Test \$ 5.00 per person

**We highly recommend Quarterly Incentive Prizes to insure success in this program.



Absenteeism
Health Costs
Sick Leave
Disability
Accidents
Injury
Disease
Stress
Illness



Productivity
Morale
Quality of Life
Energy
Mental Health
Activity
Healthy Eating

We provide experts in the following disciplines:

Peter Townley, MSE, CPT
Exercise Physiologist
Certified Personal Trainer
Tel: (785) 229-8342
petet@ransom.org

Marcella Daugharthy, RN
Well Life Nurse
Tel: (785) 229-8373
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Brenda Pfizenmaier, MS, RD, LD, CPT, CDE
Certified Diabetes Educator & Dietitian
Tel: (785) 229-8458
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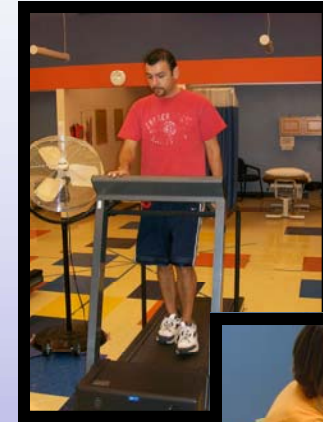
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*Helping you to
better health!*