

*"I think I can, I think I can" . . .
 "Yes you can improve employee
 health & cut healthcare costs
 with Health Tracks!"*



All aboard! . . . Worksites interested in improving employee health and cutting healthcare costs, need to get on board with "Health Tracks," a new health and wellness program provided by the Dickinson-Iron District Health Department tailored to meet the needs of local businesses to help reduce overall company healthcare expenditures.



Do your employees suffer from:

- High Cholesterol
- High Blood Pressure
- Diabetes
- Low HDL
- Being Overweight
- Poor Diet
- Lack of Physical Activity

Health Tracks Can Help!

Dickinson-Iron District Health Department

601 Washington Ave.
 Iron River, MI 49935
 and

818 Pyle Drive
 Kingsford, MI 49802

Phone: (906) 265-9913
 (906) 774-1868

Fax: (906) 265-2950
 (906) 774-9910

E-mail: rumpf@hline.org
www.didhd.org



Health Tracks

A Health and Wellness Program to

Reduce Healthcare Costs and Produce Healthier Employees



Dickinson-Iron District Health Department Health Promotion Division

(906) 779-7234

Get on the
"Health Track" today!



Pay me now or pay me later . . .



Invest in your employees' health.

Health care costs pose a serious threat to the ability of U.S. businesses to compete in today's global marketplace. Employers continue to pass increasing health care costs on to workers through premium sharing, high deductibles, and higher co-pays, but the reality cannot be ignored: This short-term fix does not address the primary driver of soaring health costs - *inadequate investment in health through primary prevention, health risk reduction, and disease management.* Some forward-thinking organizations are integrating employee health as a business strategy that enables them to manage costs effectively, while investing in the potential of their human capital.

“Health Tracks” Wellness Program! A worksite and community health promotion program to produce a healthier workforce and community. “Health Tracks” will increase awareness of and reduce behavioral risk factors which lead to cardiovascular disease and other chronic diseases through health risk assessments and risk reduction services.

Service Tracks include:

Health Risk Appraisal – Participants complete a questionnaire about personal and family medical history and current lifestyle practices. Confidential, personalized computer generated reports reveal what participants are doing right and which health behaviors could use improvement. The report suggests preventive procedures and lifestyle changes to improve the individual's score and reduce their risks. A group summary report is also available.

Healthy Heart Program – Blood pressure & cholesterol education provided in a classroom setting to achieve a healthy heart. Two-hour class that can be broken down to meet the employer's needs and timeframe.

Heart Health Screening – Blood Pressure, Cholesterol, HDL, Glucose, Height, Weight and Heart Health History are measured and assessed. *(Most popular)*

Medical Self-Care – Designed to provide tips on becoming a smart, informed health care consumer. Employees are empowered to make better health care decisions. One-hour program.

Safety Supplement Program – Does your company require you to provide a health and wellness program to meet your occupational safety needs? If so, please call to discuss a customized program for you. Typically a one-hour program.



Poor health is risky business.

Smokers - A customized smoking cessation program to help your employees quit smoking. Four one-hour group sessions that take place twice weekly over a two-week period.

Free Programs:

Eat 5 – Eat five fruits and veggies a day. A free manual tracking program where participants track the number of fruits and veggies eaten daily.

Get Moving U.P. – Free physical activity program where participants count minutes of activity and keep track on the fitUP.org website.

Lunch & Learn – Don't know what to offer, then maybe the Lunch & Learn program is for you. During this 30-minute period, we will introduce you to our wellness programs along with a brief discussion on what it means to be “heart healthy.”

Quit Kits - Free Quit Kits are available for those employees and dependents who want to quit smoking.

StepUP Program – Free physical activity program where participants count the number of steps taken with the use of a pedometer and keep track on the fitUP.org website.

Call us today for service fees and a tailored program for your employees!