



Screening Components

- ◆ *Cholesterol*
- ◆ *Glucose*
- ◆ *Blood Pressure*
- ◆ *Body Mass Index (Measured Height & Weight)*
- ◆ *In-Person Results Review Session*

For more information:

wellness@mvna.org
612-623-3408



Health Screenings

Many employees don't "know their numbers" like blood pressure, cholesterol and body mass index (BMI) and the associated health risks. An onsite health screening gives your employees the opportunity to obtain these biometric values and learn ways to improve their health risks.

For you, the result is an employee population that is more educated and empowered to make healthy lifestyle behavior changes. Healthier employees are more productive, take less time off from work and are wiser health care consumers.

Why Choose MVNA?

- ◆ **Experienced, trusted staff**
Highly skilled Registered Nurses (RNs) deliver expert, onsite health screenings and education.
- ◆ **Easy administration**
Providing a single point of contact, a designated Program Manager ensures smooth implementation and minimal work for you and your staff.
- ◆ **Easy participation**
State-of-the-art online scheduling system and toll free telephone number for easy appointment scheduling.
- ◆ **Highly personalized and impactful**
Summary report includes participation rates, risk level assessment, population specific analysis and "next step" program recommendations.
- ◆ **Serve clients large and small**
Offering our health screening services to small, single site organizations and large, multi-location national groups. Minnesota based, but able to provide services on a national level.
- ◆ **Benefits the community**
MVNA's nonprofit status and mission driven philosophy allow proceeds from our health screening services to be reinvested in our community.

"The MVNA organization and staff always exceed our expectations— efficient, customer focused, organized, professional, personable and simply great!"

- Diane Hughes, Human Resources, Verso Paper