



# nSiteHealth

HEALTH CARE SOLUTIONS *AT WORK...SINCE 2005*

[www.OnSiteHealthLLC.com](http://www.OnSiteHealthLLC.com)



## A MESSAGE FROM FOUNDER CONNIE BRYAN:

One of my favorite things to hear when I am walking down the hall of one of our clients is, "Hey! There's our nurse!" Those words mean so much to me, but mostly they mean that I've made the connection and a trusting relationship has begun!

When we make contact with an employee, that employee is THE most important person! We may only have a few minutes with an individual, so it's important to quickly establish that we are there to help, we are there to educate, and we take his or her health and quality of life seriously and personally.

That's what makes us most different! We feel RESPONSIBLE to give everyone the best care we know how. We feel responsible to the employer who has entrusted us with their employees. An employee may not necessarily like what we have to say, but they will know one thing for sure...They received the best we had to give. They will leave our door knowing more than when they came in. Every meeting is an opportunity to teach and to change lives for the better, and on occasion, save a life.

Our success is measured not only in DOLLARS saved by our clients, but in other ways that are much more difficult to quantify. A single father recently came to see me and said, "This program has meant so much to me and my kids! We feel so much better! We're even eating dinner together at the kitchen table instead of going out for fast food all the time!" He went on to say that what he's learned in coaching sessions he takes home and tells his aging parents. His entire family now has the roadmap to better health! That is success to us!

Going home at night is easy when you know that what you are doing is literally changing lives for the better! This is what we do for our clients. We look forward to bringing the same positive impact to your employees and to your company as a whole.

*Connie M. Bryan*



## OUR MISSION

OnSite Health is committed to creating a substantial positive impact on your organization's employee health by motivating employees to make positive, long-lasting changes. With our unique goal-setting, "relationship-building" approach, our aim is to decrease your company's overall health care expense, employee turnover, extended absence, and workers compensation cost.



## WHO ARE WE?

OnSite Health LLC, headquartered in South Bend, Indiana, provides customized on-site health care services both locally and nationally to businesses in all major industry sectors. OnSite Health, founded in early 2005 as one of the area's first companies dedicated to employee wellness and disease prevention, and is state-certified as a **Woman-Owned Business Enterprise**.



## WHAT SERVICES DO WE PROVIDE?

Our on-site, high-quality, compassionate workplace health care services include on-site clinic services, on-site screening and immunization services and on-site educational services. These are provided by board-certified physicians, registered nurses, and certified health care specialists.

We utilize a unique “relationship approach with a focus on prevention, education and motivation in order to motivate employees to reach and maintain their optimum health.

## WHO HAS CHOSEN ONSITE HEALTH?

We have been the provider of choice for several large and small employers, both locally and nationally, including the cities of South Bend and Mishawaka, Goodwill Industries of Michiana, Unifrax Corporation, Pilkington, Big C Lumber Company, Heartland RV, Federated Media, Notre Dame Federal Credit Union, Fairmont Homes/Gulf Stream Coach, and Federal Mogul (and many others).

*“Making the decision to focus on wellness and healthy choices and, having OnSite Health here is, without a doubt, the **BEST THING** we have ever done for our employees”*

Lisa Fry, B&B Molders




## ON-SITE OR NEAR-SITE CLINICS

The steady rise in health care costs year after year is leading more employers to invest in on-site or near-site workplace health clinics, where expenses to both employees and employers are greatly reduced. Even smaller employers can benefit from our collaborative clinic model. Our unique, on-site clinic model is fully customizable and can include any or all of the following services:

### PRIMARY MEDICAL CARE AND PRESCRIPTIONS

OnSite Health clinics use the classic “doctor’s office” model to bring personalized attention to acute treatment of non-emergency injuries and illnesses, routine checkups, immunizations, preventive screenings, and patient education. Our on-site dispensary of generic prescriptions is a cost-effective alternative for your insured population’s prescription needs, and we partner with local pharmacies to dispense all other medications at just over ‘cost’. Additionally, our clinic staff incorporate health and wellness coaching and chronic disease management into the approach, in order to lead your most at-risk population to life-changing healthier lifestyles.



*“OnSite Health **genuinely cares** about the health of our employees, and it shows in everything they do.”*

Jason A. Flagg, HR Manager  
Unifrax Corporation  
New Carlisle, IN

### OCCUPATIONAL SAFETY AND THERAPY

We perform DOT and other physical exams, drug testing, vision and hearing testing, and other similar services required by regulatory agencies, such as OSHA. If needed, we can assist with your workers compensation claims processing, assess your employees’ and provide workplace ergonomics analysis, stretching programs, and occupational therapy so as to resolve ergonomic or repetitive-motion conditions that threaten to become OSHA-recordable without intervention.

### TREATMENT OF OCCUPATIONAL INJURIES

Because keeping your employees safe is your top priority, the OnSite Health Clinic provides triage and treatment for on-the-job injuries and illnesses. Workplace emergency response and assessment is a critical part of what we do, and we are happy to collaborate with your company’s safety managers and assist with CPR and first aid training efforts in a team approach to minimizing workplace injuries.

### ADDITIONAL OPTIONS

Matching services with your company’s needs is our goal. From FMLA and disability claims assistance to health fair coordination, weight loss challenges, flu vaccinations, sleep studies, and more, if you are looking for specific solutions, we’ll work with you to achieve maximum workplace wellness and increased safety and productivity.





**OUR CLINICS GUARANTEE  
RETURN ON INVESTMENT (ROI) SAVINGS  
OF 3:1 - 6:1 OVER TIME**



## OUR STRATEGY

There's nothing more important than the health of your employees. A happy, healthy employee is a formula for success in terms of production, controlling health care costs and managing behaviors and risks. In today's economic climate, on-site employee health clinics are a matter of simple, common sense. These allow employers a cost-effective way to take charge and focus on managing health care directly.



## HOW MUCH ARE UNHEALTHY LIFESTYLES COSTING YOUR BUSINESS?

HEALTH STATUS	COST TO EMPLOYERS
Obesity	Adds <b>\$591</b> a year per person to health care costs
High Stress	Adds <b>\$600</b> a year per person to health care costs
Lack of Exercise	Adds <b>\$330</b> a year per person to health care costs
CHRONIC CONDITIONS	
Diabetes	Adds <b>\$3,600</b> a year per person to health care costs
Heart Disease	Adds <b>\$3,195</b> a year per person to health care costs
High Blood Pressure	Adds <b>\$1,600</b> a year per person to health care costs

source: Kaiser Permanente



# WHAT ARE THE BENEFITS?

## FOR THE EMPLOYER:

Employers achieve immediate savings when their employees use the clinics and services. Hiring medical staff and purchasing bulk, pre-packaged generic prescriptions and supplies provide for a much more cost-effective model than when employees utilize a provider in the group health plan network.

The integration of wellness and disease management can result in significant, long-term savings. Through the use of annual health risk assessments (HRAs), potentially serious medical conditions can be identified much sooner. HRAs are designed to identify high-risk areas and behaviors and assist and encourage patients to self-manage their own health.

HRAs include standard blood tests, physical assessments including blood pressure, height, weight and BMI, and a health behavior questionnaire. Through integrated early intervention, health coaching and chronic disease management, employers can reduce exposure to large medical claims.

Industry analysts assert that a \$1 to \$6 return on investment can be achieved for every \$1 invested in on-site employee health clinics depending on several variables including negotiated medical labor costs, building operation costs, and the wellness profile of your employee population.

Employers will also realize cost savings through decreased absenteeism and increased productivity. Average time spent away from work for a physician visit to an on-site clinic is 20-30 minutes as compared to 3+ hours for a visit to a community-based physician.

## FOR THE EMPLOYEE:

By removing barriers to primary health care (such as co-pays), employees benefit from on-site clinics through reduced out-of-pocket costs for medical treatment, prescriptions, and basic lab work. Other pluses include increased convenience and improved health and morale. By bringing dedicated health care close to the workplace, the employees can look forward to less travel time and less waiting in line.

# ON-SITE NURSING, SCREENING, AND IMMUNIZATION SERVICES

## ON-SITE NURSING

Just having weekly or monthly nursing hours is a growing trend nationally and can significantly reduce workers compensation injuries, and bring immediate positive impact to the overall well being and safety of your employees. Nurses can provide:

- First aid response and training
- Preventive wellness checks and education
- Doctor referrals (in-network as possible)
- FMLA and OSHA claims assistance
- Disability claims assistance
- Discounted screening and vaccination rates



## CARDIOVASCULAR SCREENINGS

Being heart healthy is critical. This popular screening includes finger-stick lipid profiles and glucose screening. Also included are HDL and calculated LDL, triglycerides, total cholesterol, ratio, blood pressure, pulse, body fat, BMI, weight, height and health risk assessments on nutrition, tobacco use and exercise.

## BLOOD PRESSURE SCREENINGS

A blood pressure check is a simple way to get your employees engaged with their health. Frequent blood pressure checks and education can be a great enhancement to your company's on-site wellness routine.

## GLUCOSE SCREENINGS

Diabetes is a costly and potentially-dangerous chronic disease that threatens to become an epidemic in our country. Encourage your employees to know their risk with our quick screening and nurses' feedback.

## VENIPUNCTURE SCREENINGS

Arm-vein blood draws provide for more in-depth results on blood and organ health. Popular options include metabolic panels, lipid panels (cholesterol), prostate (PSA), thyroid stimulating hormone (TSH), cardio CRP, homocysteine, blood cell counts (CBC), and more.

## ANTIOXIDANT SCREENINGS

OnSite Health employs Nobel-prize winning technology to non-invasively measure risk for health conditions like cancer and heart disease at a cellular level. Education includes information on antioxidants, free radicals, and how to improve scores. A discounted rate is available in conjunction with cardiovascular or venipuncture screenings.

## NICOTINE SCREENINGS

If you want to confirm your company's tobacco use/non-use, our saliva-based test offers immediate and accurate results.

## ON-SITE EDUCATIONAL SERVICES



### ON-SITE TOBACCO CESSATION

Seeing results and getting momentum going is important when it comes to getting your employees to kick the habit for good. Our six-week program is led by dynamic, Clarian-certified instructors.



### ON-SITE CPR, AED AND BASIC FIRST AID TRAINING

Is at least 10% of your workforce in every location ready to respond to a workplace emergency? Our 4-6 hour training provides a 2-year certification. Only four employees are needed for certification in CPR and basic first aid training.



### HEALTH COACHING

Coaching helps your most at-risk employees reach their optimum health in a personal, one-on-one relationship-building and goal-setting approach. Coaching can include review of medical history, treatment and bills, customized action plans, physician referrals, review of job duties and environment, plus discounted rates on re-screenings.



### ON-SITE LUNCH AND LEARN SEMINARS

The lunchtime or anytime education seminars are a popular way to address a variety of health-related topics that are of particular importance to your company or your employees.



### ON-SITE HEALTH FAIRS

OHS will coordinate on-site day-long health fairs with representatives of various health care associations and providers. Health screenings, assessments and lunch can be included.



### ONLINE EMPLOYEE WELLNESS PORTAL

Secure 24-7 access to our wellness portal provides an abundance of online resources in a social networking atmosphere, and include an incentive-point tracer, current company wellness challenges and information for a healthy and happy employee.

***"OnSite Health gets my vote. They've helped me and other City staff get fit and stay fit!"***

Jeff Rea  
Former Mayor, Mishawaka



HEALTH CARE SOLUTIONS *AT WORK...SINCE 2005*

1251 N. Eddy St, Ste 201

South Bend, IN 46617

**P** 574-243-5108 or 888-243-5338

**F** 574-243-0185

**E** [info@onsitehealthllc.com](mailto:info@onsitehealthllc.com)



[www.OnSiteHealthLLC.com](http://www.OnSiteHealthLLC.com)