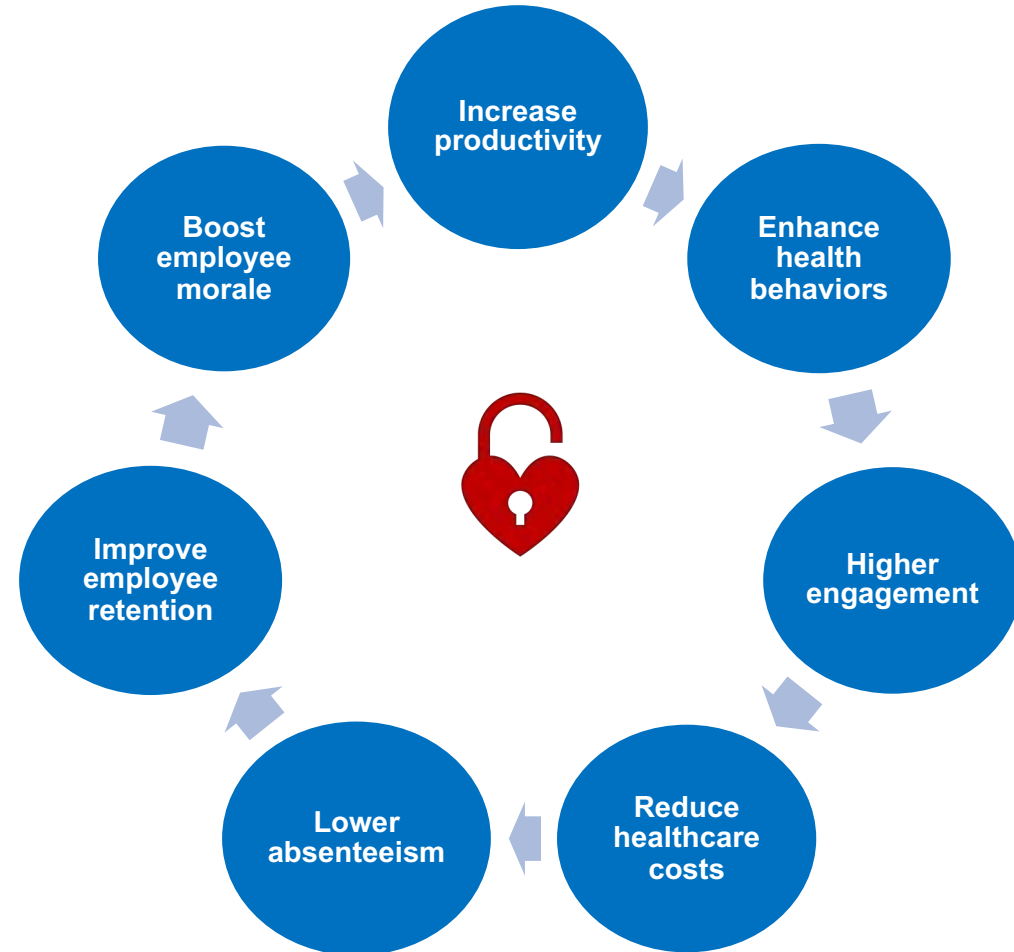




**ASA WELLNESS**

**AMERICAN SCREENING ASSOCIATION INC.**

# Employee Wellness The Key to Success



Health is an  
**INVESTMENT,**  
not an  
**EXPENSE.**



### Variety of Health Screenings available

Events take place onsite with scheduled appointments to minimize time away from work.

### Customizable Packages

Programs are built to fit every size company and budget.

### All results are completely confidential

Point of contact will receive a non-personalized summary of event.

# HOW IT WORKS

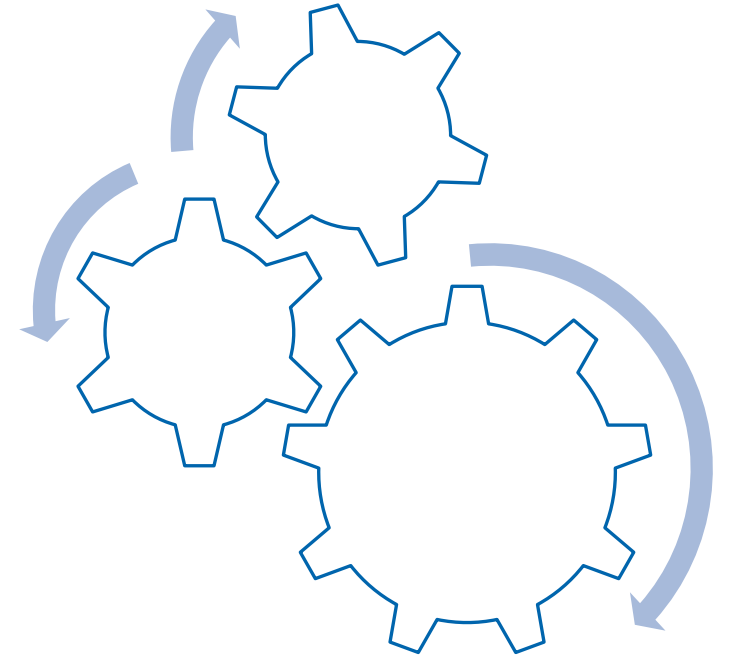


Step 1: Point of contact oversees providing appropriate space.

Step 2: Announcements are sent and/or posted informing employees of the event (ASA Wellness will provide if needed).

Step 3 : Employees schedule appointments online.

Step 4 : The day of the event ASA Wellness handles all staffing, set-up and break down of equipment.



# Onsite HEALTH SCREENINGS



## Available Health Services

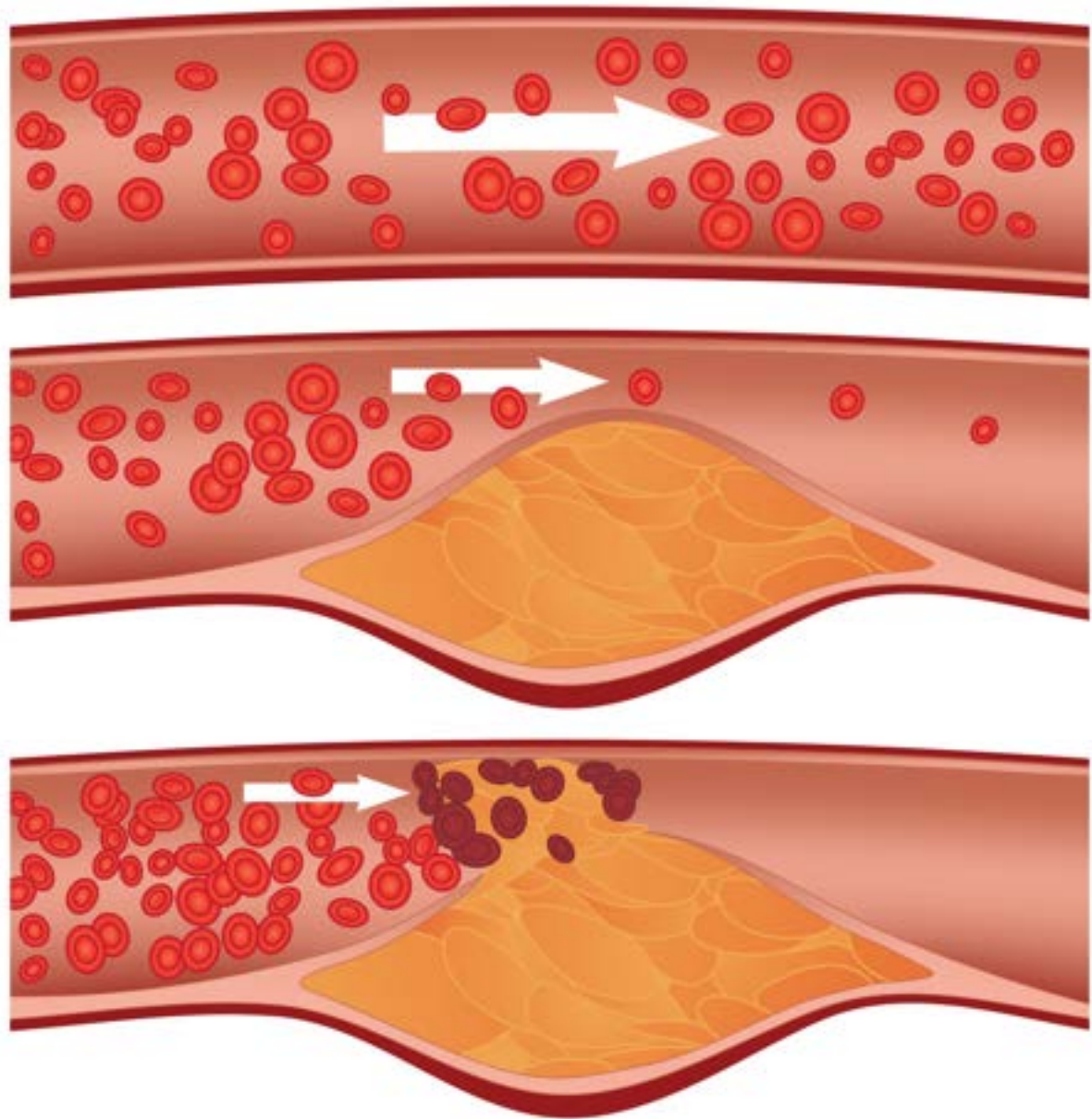
- Cholesterol/Lipid Panel \$40
- Diabetes/Hemoglobin A1c \$40
- Hemoglobin/Iron/Anemia \$35
- Osteoporosis/Bone Mineral Density \$40
- Body Composition/Body Fat Analysis \$30
- Lung Function/Spirometry \$30
- Hearing and Vision \$30
- Grip Strength \$15
- **Elite Wellness Package \$149:** Most popular, efficient and economical choice. Includes all the above health screenings.





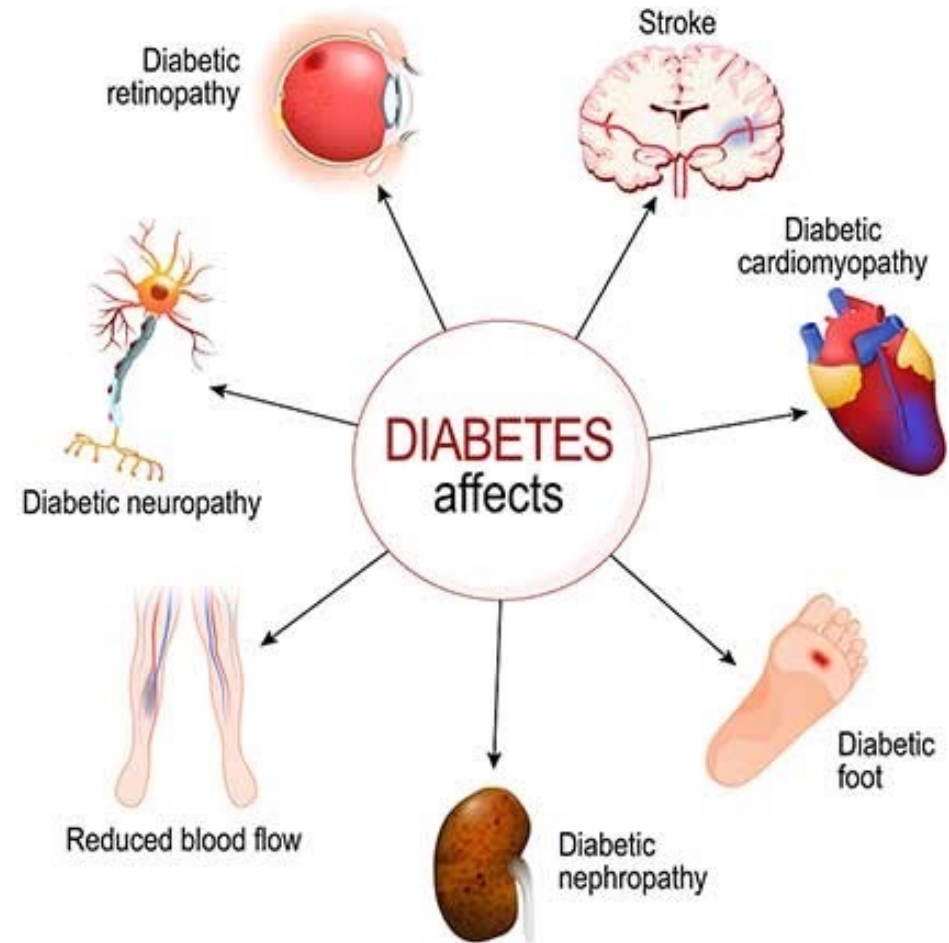
# Cholesterol/ Lipid Panel

Measures total cholesterol, HDL/good cholesterol, triglycerides, LDL/bad cholesterol, TC/HDL and LDL/HDL ratios.



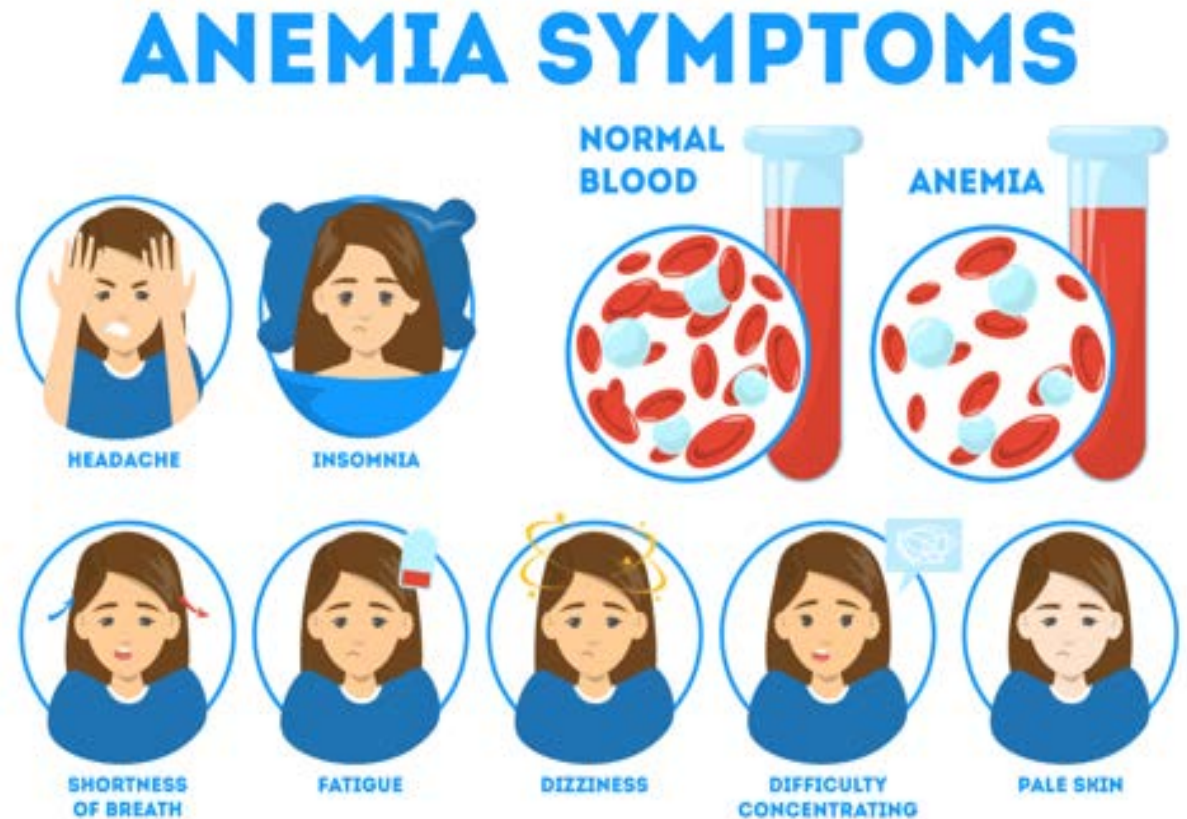
# Hemoglobin A1c/ Diabetes

Gives a picture of the average amount of glucose in the body over a period of months and is linked to diabetes.



# Hemoglobin/ Iron/ Anemia

Obtains a hemoglobin level which is the significant indicator of iron deficiency/anemia.

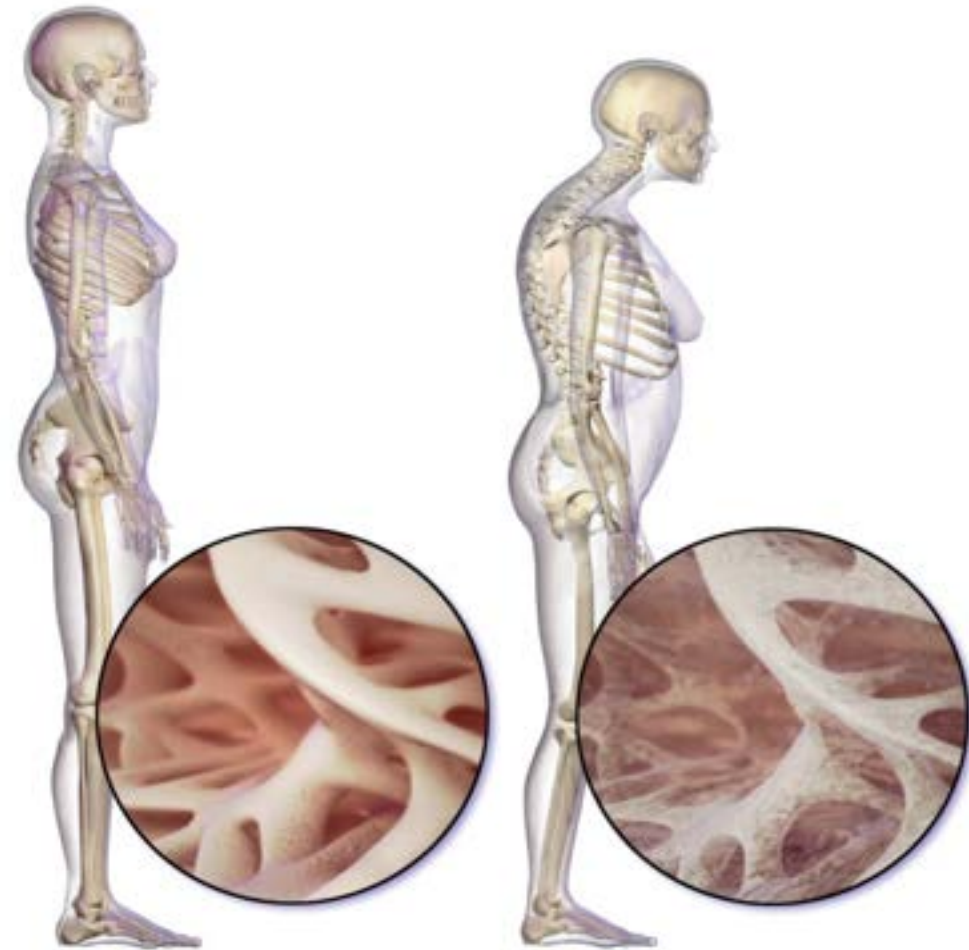




# Osteoporosis/ Bone Mineral Density

Uses ultrasound to determine the density/strength of the bones in the body for signs of bone loss and risk for osteoporosis

## Effects of Osteoporosis



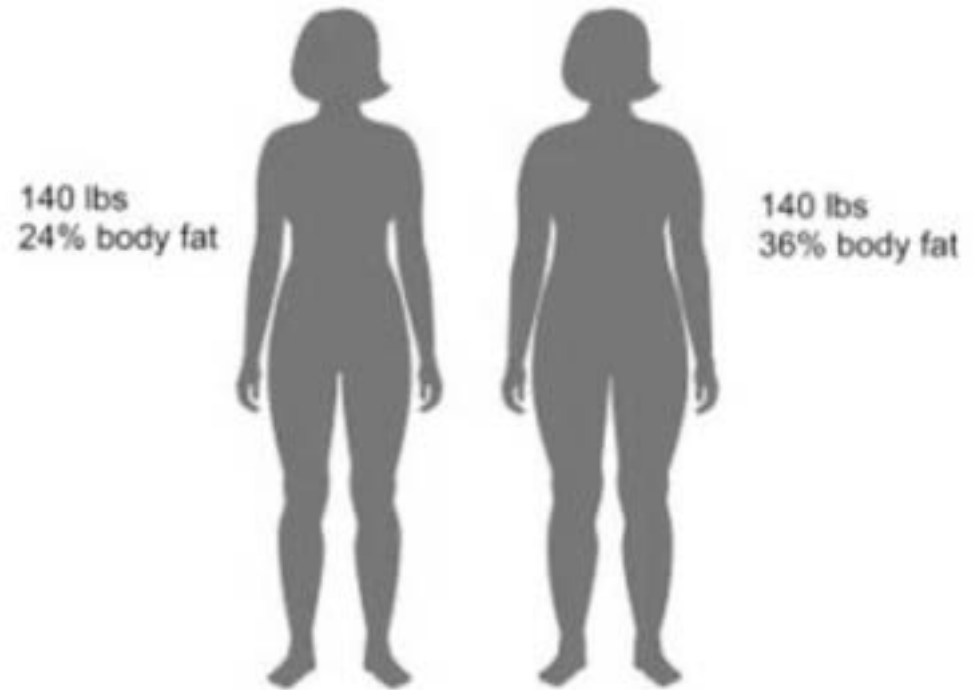
Normal Spongy Bone

Spongy Bone in Osteoporosis

# Body Composition/ Body Fat Analysis

Obtains the following: body fat percentage and fat weight, body lean weight, body water percentage and body water, basal metabolic rate, average daily calorie requirement and body mass index.

Same height.  
Same weight.  
Same BMI.



**Different Body Composition.**

# Lung Function/ Spirometry

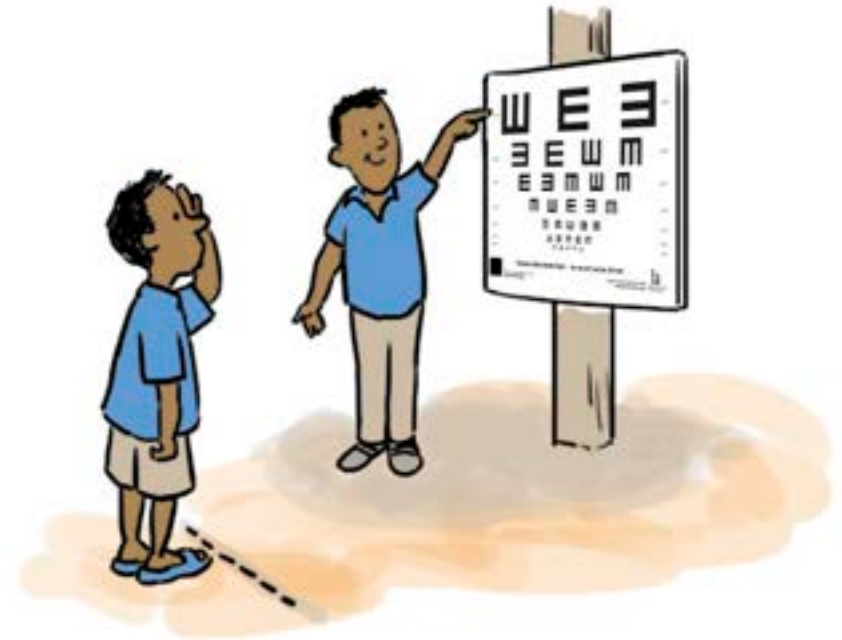
Evaluates how much air the lungs can hold, how quickly air is moved in and out of the lungs to determine the capacity and strength of the lungs.



# Hearing and Vision



Measures hearing in numerous frequencies.



Checks vision from 20/10 and beyond.

# Grip Strength

Measures the isometric grip force (hand grip strength).





**OTHER  
AVAILABLE  
SERVICES**



# Onsite HEALTH FAIRS



## ASA Wellness will plan and coordinate all aspects of the event.

- The Health Fair will be created to fit the specific needs and desires of the company.
- Event may be designed with very minimal cost to the organization.

## Educate employees on numerous ways to get and stay healthy.

- Raise awareness about health and wellness issues.
- Excellent opportunity to get employees information on the benefits the company has to offer.

## Participants may include the following plus many more!

- Chair massage
- Holistic health
- Weight loss
- Healthy cooking
- Yoga class
- Life coaching
- First Aid
- Reiki
- Dental health
- Spinal assessment
- Blood pressure testing
- Nutrition
- Ergonomics
- Emergency preparedness



Contact [Lindam@asawellness.com](mailto:Lindam@asawellness.com) for additional information

# Onsite WELLNESS CLASSES



- Onsite in-person classes are held to broaden the participant's knowledge on various topics.
- Classes can be offered as a lunch and learn event.
- Quizzes, videos, and handouts are included to maximize learning.



Contact [Lindam@asawellness.com](mailto:Lindam@asawellness.com) for additional information

# Onsite WELLNESS COACHING



- Scheduled one-on-one sessions brings awareness to thought processes and behavioral patterns which hinder progress to close the gap between where someone is and where they are striving to be.
- Helps define what wellness means.
- Works with attributes one already possess to achieve goals.
- Plans are specific to individual desires.
- Reinforces the commitment for continued success.
- Offers support, accountability, unbiased input and encouragement.
- Determines and clarifies target objectives.
- Develops a plan of action with implementation of tools and methods.



Contact [Lindam@asawellness.com](mailto:Lindam@asawellness.com) for additional information



# Onsite TEAM WELLNESS



## A Wellness Coach monitors meetings

- Keeps the group on track.
- Administers questionnaires.
- Conducts group activities.
- Sets group goals.
- Gives assistance in carrying out a plan of action.

## Individuals are assigned to a group with similar goals

- Invites support and shared experiences.
- Provides a pool of resources.
- Offers motivation and encouragement.

## Economical choice for Wellness Coaching



Contact [Lindam@asawellness.com](mailto:Lindam@asawellness.com) for additional information





**Company  
subsidizes  
a portion  
of cost**

**Company  
pays 100%  
of cost**

**Employee  
pays out  
of pocket**



## Funding Options

Only charged for employees that wish to register for the events

# About Us

American Screening Association, Inc./ASA  
Wellness launched operation in August 1999

Minority, woman owned small business

Has provided service to over 75 federal  
government agencies in the past 20 years

A+ rating with Better Business Bureau



# FEDERAL AGENCIES VISITED



Administrative Offices of the Courts  
Alcohol Tobacco and Firearms  
Army Corp of Engineers D.C., Ft. Belvoir, Baltimore  
Atlanta Federal Building  
Bureau of Engraving and Printing  
  
Bureau of Labor Statistics  
City Crescent Building Baltimore  
Commodities Future Trading Commission  
Defense Acquisition University  
  
Defense Information Systems Agency/Department of Defense  
Defense Logistics Agency/Defense Threat Reduction Agency/Department of Defense  
Department of Commerce  
Department of Education Main, Potomac Yard Center, L Street, Union Center Plaza  
Department of Energy  
Department of Interior  
Department of Justice  
Department of Labor  
Department of Treasury  
Environmental Protection Agency, Ronald Reagan, L Street, Crystal City  
Federal Deposit Insurance Corporation  
Federal Emergency Management Agency  
Federal Communications Commission Main, Gettysburg, PA  
Federal Trade Commission Main, New Jersey Avenue  
Federal Emergency Management Agency  
Financial Crimes  
General Accountability Office  
General Services Administration Main, Metro Park, Willow Woods, National Capital Region  
Holocaust Museum

Housing and Urban Development  
Internal Revenue Service Main, New Carrollton, Mint, North Capital, Pennsylvania Avenue  
Judiciary Center  
Merit Systems Board  
Mine Safety and Health  
N.A.S.A. Headquarters, Goddard, Wallops Island  
National Archives  
National Courts/Federal Court of Appeals  
National Guard  
National Labor Relations Board  
National Oceanic and Atmospheric Administration  
National Park Service  
National Science Foundation  
Patent and Trademark  
Peace Corps  
Pensions and Benefits Guarantee Corporation  
Railroad Commission/Department of Transportation  
Richmond Federal Building  
Ronald Reagan Building  
Securities and Exchange Commission D.C., Alexandria  
Small Business Administration  
Social Security Administration  
U. S. District Courts  
U.S. Geological Survey  
U.S.A.I.D.  
U.S.D.A. Main, Beltsville, Riverdale, College Park  
Voice of America/American Broadcasting System



REACH US AT

EMAIL: [contact@asawellness.com](mailto:contact@asawellness.com)

PHONE: 800-686-3035

WEBSITE: [asawellness.com](http://asawellness.com)