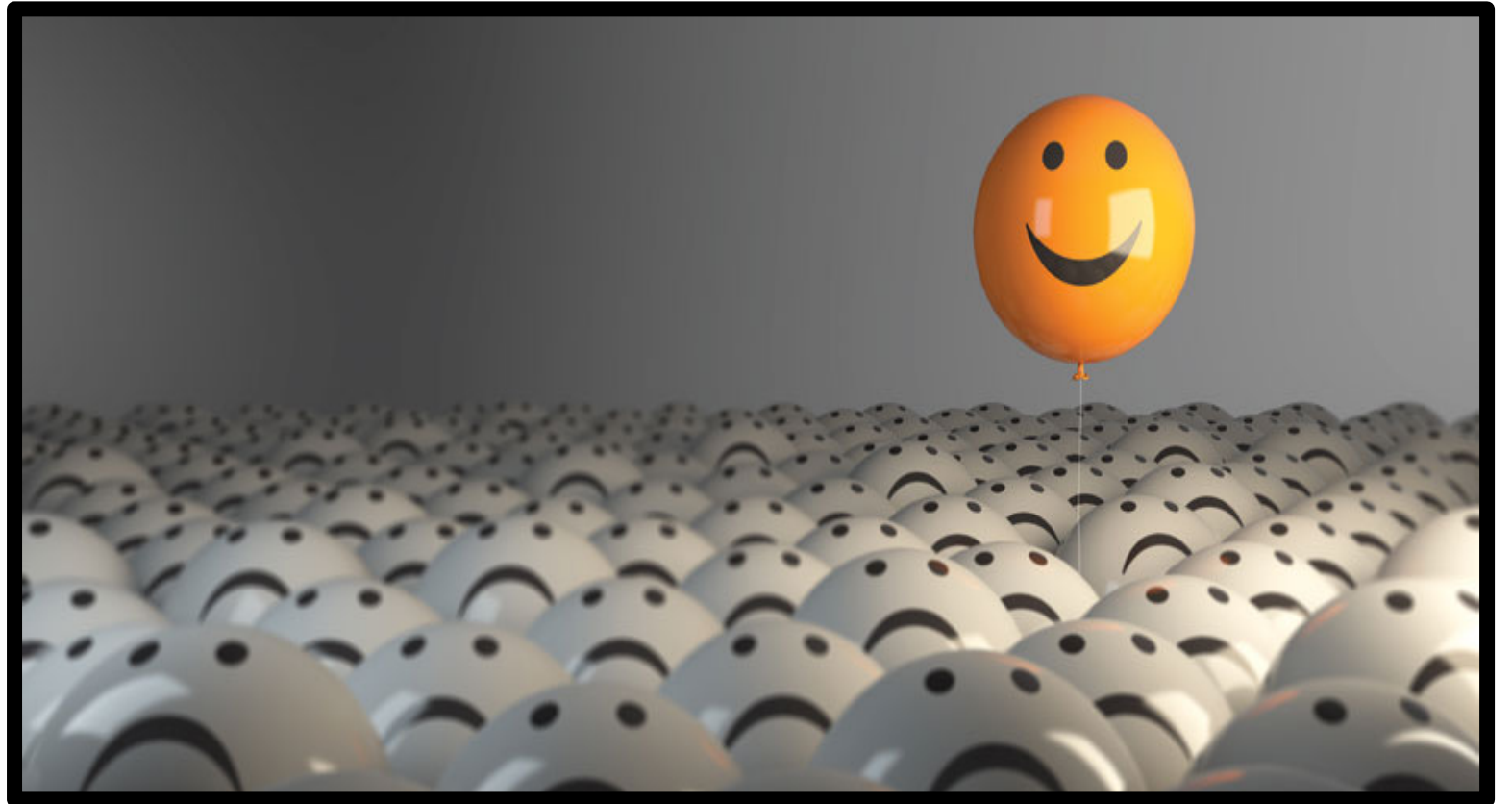


ASA WELLNESS

AMERICAN SCREENING ASSOCIATION INC.

Stand out ABOVE the Rest

Show your
residents you truly
care about them by
offering Onsite
Health and
Wellness events!



Health is an
INVESTMENT,
not an
EXPENSE.



ONSITE Health and Wellness Services

Residents have the convenience and benefit of receiving services steps away from home.

Variety of services available

All Health screenings are available individually or in discounted packages.

*No cost and zero hassle for Property Mgmt.

ASA Wellness will handle all aspects of events including marketing materials, scheduling, staffing, setup and break down.

HOW IT WORKS

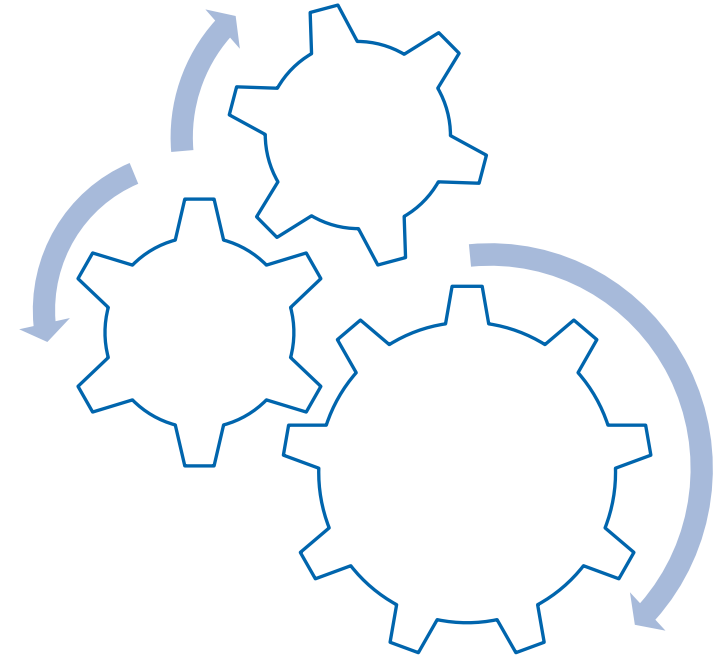


Step 1: Point of contact oversees providing appropriate space.

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

Step 3 : Residents 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



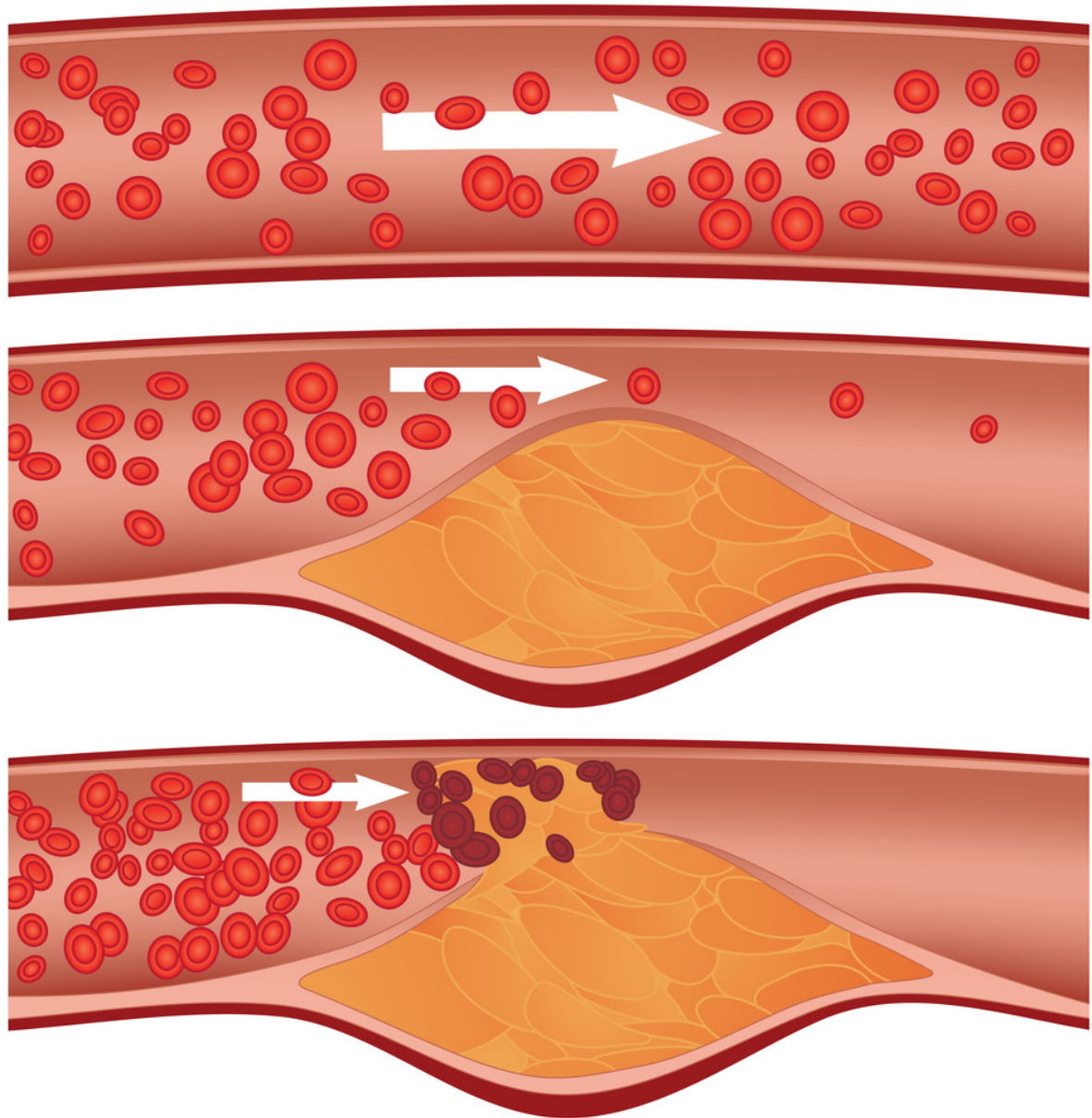
*Available Services

- 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
- Grip Strength \$15
- Hearing \$20
- **Elite Wellness Package \$149:** Most popular, efficient and economical choice. Includes all the above health screenings.



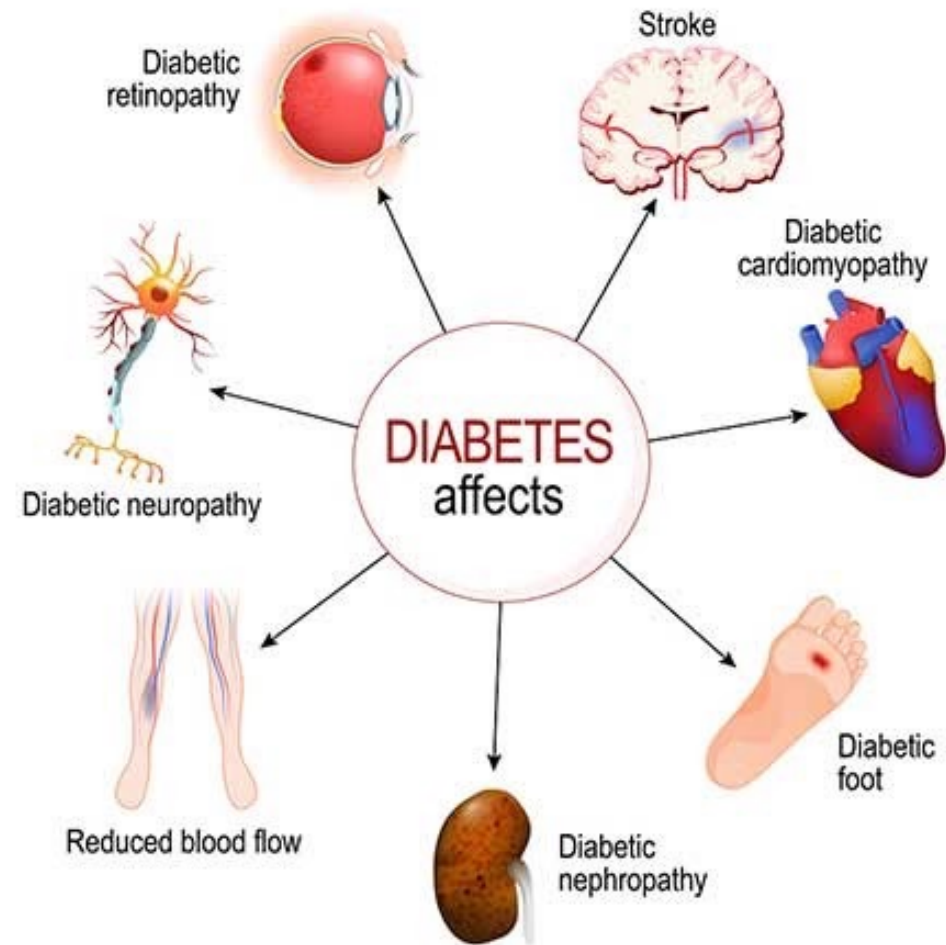
Cholesterol/ Lipid Panel

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



Hemoglobin A1c/ Diabetes

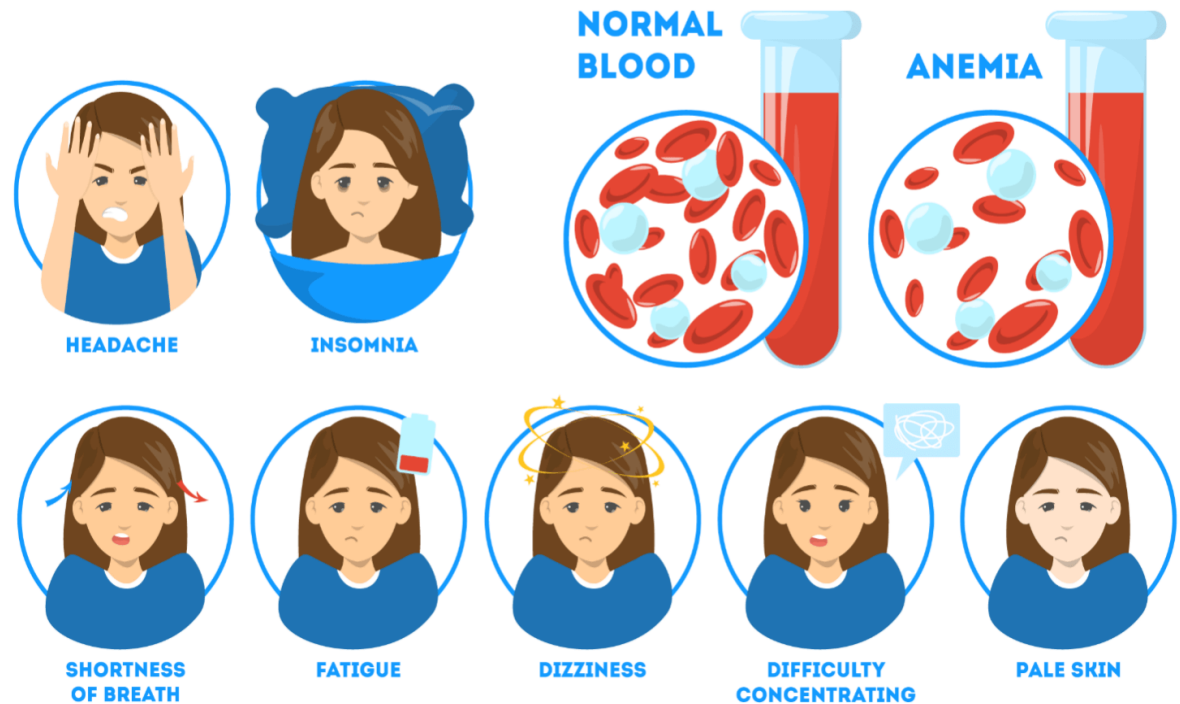
Gives a picture of the average amount of glucose in the body over a period of months and is linked to diabetes.



Hemoglobin/ Iron/ Anemia

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

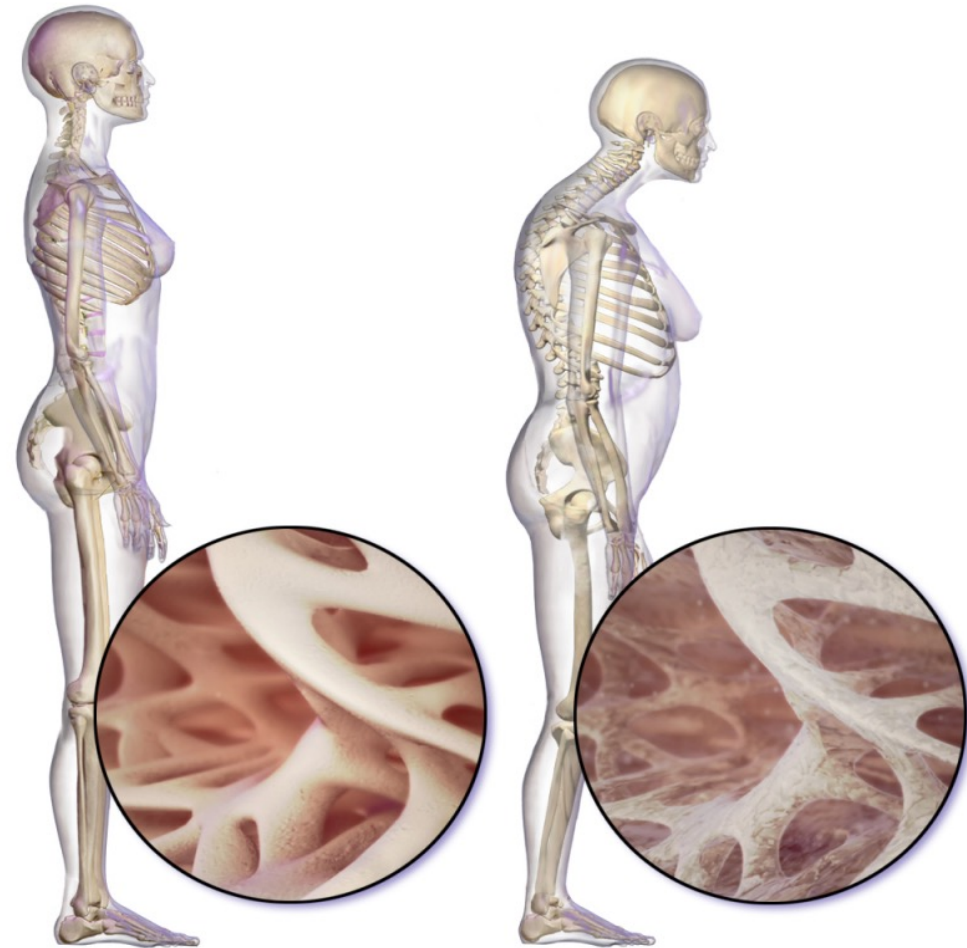
ANEMIA SYMPTOMS



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



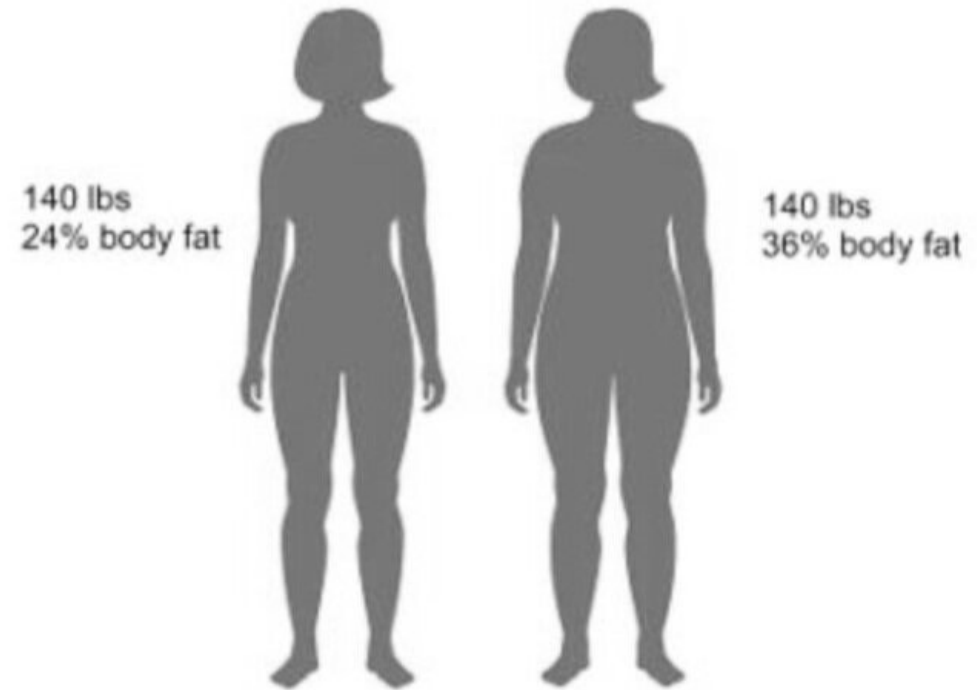
Normal Spongy Bone

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, body mass index and impedance.

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.



Grip Strength

Measures the isometric grip force (hand grip strength).



Hearing

Measures hearing in numerous frequencies.





OTHER AVAILABLE SERVICES



Onsite WELLNESS CLASSES



- Onsite in-person classes are held to broaden the participant's knowledge on various topics.
- Classes can be offered in the evening or weekend to accommodate work schedules
- Quizzes, videos, and handouts are included to maximize learning.



Contact 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 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 for additional information



Residents pay out of pocket for service.

OR

Property Management pays \$250 for a four-hour time frame of unlimited number of one Health Screening service.



Payment Options

Participants have the option to pre-pay or pay at the time of service

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

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