



SCREENING AND WELLNESS BOOTH

Procedures and Set Up Requirements

SCREENINGS / ASSESSMENTS

BLOOD PRESSURE

- Set up requirements: one table, two chairs and electricity.
- Performed on a walk-in basis.

BODY FAT ANALYSIS

- Set up requirements: one table and a 12 x 12 foot space for privacy.
- This screening can be performed on a walk-in basis or by appointment (one every five minutes).
- Results are most accurate with no food or exercise four hours prior to the test.
- This test cannot be performed on anyone with an electrical device (i.e. insulin pump, pacemaker) or anyone that has a possibility of being pregnant.

CANCER RISK PROFILE

- Set up requirements: one six foot table, two chairs and electricity.
- This risk assessment is staffed by an oncology outreach specialist.
- Performed on a walk-in basis.

CHOLESTEROL AND DIABETES SCREENING

- Set up requirements: one six foot table, two chairs and electricity for each station.
- Appointments are scheduled one every ten minutes.
- This test is performed with a finger stick. Results are available in 7 minutes.
- A 12 hour fast is required.
- A minimum of 20 participants is required for this screening.
- Additional machines can be added with increased enrollment
- An additional registration table is needed for this screening.
- A private office or conference room is ideal for the counseling component to ensure confidentiality.

DEPRESSION SCREENING

- Set up requirements: one six foot table and one table in a private room for counseling.
- This screening is staffed by a KHN mental health professional.

DIABETES (BLOOD SUGAR) SCREENING

- Set up requirements: one six foot table and two chairs.
- Appointments are scheduled one every five minutes.
- A minimum of 15 participants is required for this screening.
- Additional machines can be added with increased enrollment.
- A 12 hour fast is recommended.
- Counseling is provided.

FLEXIBILITY TESTING

- Set up requirements: one six foot table and two chairs.
- This testing can be performed on a walk-in basis or by appointment.
- Appointments are scheduled at intervals of one every five minutes.
- An open floor space of 3 x 6 foot is needed to perform this test.
- Results are reviewed with an exercise physiologist.

GAIL MODEL BREAST CANCER RISK ASSESSMENT

- Set up requirements: one six foot table, two chairs, electricity and an internet connection.
- This risk assessment can be administered on a walk-in basis.

GLAUCOMA SCREENINGS

- Set up requirements: two six foot tables and 6-8 chairs.
- Appointments are scheduled one every five minutes or may be operated on a walk-in basis.

HEALTH RISK APPRAISAL (HRA) – BOOKLET ONLY

- Set up requirements: one six foot table, two chairs.
- Profile completion can be individualized for each corporation.

HEART PRINT SCREENING (EKG)

- Appointments are scheduled one every 15 minutes.
- A private room with open space and electricity is required.

LUNG FUNCTION SCREENING

- Set up requirements: one six foot table, two chairs and electricity
- Appointments are scheduled one every 15 minutes.
- A private office or conference room is ideal for this screening.
- Results are mailed back to the participants.

OSTEOPOROSIS SCREENING

- Set up requirements: one six foot table, two chairs and electricity.
- Appointments are scheduled one every ten minutes.
- Participants will be required to remove socks and shoes (no pantyhose).
- An additional private area or room is needed for counseling to ensure confidentiality.
- An additional registration table is needed for this screening.

PROSTATE CANCER SCREENING

- Set up requirements: one six foot table and two chairs.
- Requires a blood draw and results are not immediate.

RESTING METABOLIC RATE

- Set up requirements: one six foot table, two chairs and electricity.
- Appointments are scheduled one every 30 minutes.
- Results are most accurate with no food or exercise four hours prior to the test.
- A private office space or conference room is preferred.

STRENGTH TESTING

- Set up requirements: one six foot table.
- This testing can be performed on a walk-in basis or by appointment.
- Results are reviewed with an exercise physiologist.

VASCULAR ULTRASOUND SCREENING (STROKE SCREENING)

- Set up requirements: one six foot table and two chairs for registration.
- Appointments are scheduled one every fifteen minutes.
- Participants need to wear a low or open collar shirt, a two piece outfit and will be asked to remove their socks and shoes.
- A private room with open space and dim lights is needed for the screening.

WELLSOURCE® HEALTH PROFILES

- Set up requirements: one six foot table, two chairs and electricity.

EDUCATIONAL PROGRAMS

CPR – ADULT, CHILD, AND INFANT, FIRST AID, AND AED TRAINING

- This seven hour class has a limit of 12 participants.
- A large open space, chairs and a TV / DVD player are required for this training.

HEALTH PRESENTATIONS/LUNCH AND LEARN

- Most Lunch and Learn topics are PowerPoint presentations.
- A multimedia projector, computer and screen are required for PowerPoint presentations.
- Presenter can bring the equipment if arranged ahead of time.

WELLNESS & HEALTH FAIR BOOTHS

A minimum of 2 hours is required for these wellness booths.

ALCOHOL AWARENESS GOGGLES

- Set up requirements: one six foot table and two chairs.
- Open space in front of the booth is desirable.

CHAIR MASSAGE

- Set up requirements: a quiet open area.
- A small table for literature and supplies is desirable.
- This booth operates best with appointments ranging 10-12 minutes per person.

DERMA SCAN® (SUN EXPOSURE AWARENESS)

- Set up requirements: one six foot table, two chairs and electricity.
- An open space of 3 feet is needed next to the booth.

EXERCISE

- Set up requirements: one six foot table and two chairs.
- An open space of 5 feet is needed next to the booth.

HAND WASHING

- Set up requirements: one six foot table and electricity.
- This booth needs to be in close proximity to a restroom or sink.

NUTRITION

- Set up requirements: one six foot table and two chairs.
- This booth is staffed by a registered dietitian.

STRESS DOTS

- Set up requirements: one six foot table and two chairs.

WELLNESS WHEEL

- Set up requirements: one six foot table and two chairs.
- General or specific health topics available
- Prizes are provided by the corporation.

SERVICES

IMMUNIZATION PROGRAMS

- Set up requirements: two six foot tables and four chairs.
- Flu shots are given seasonally.
- Ideally done on an appointment basis (3 every 10 minutes).