

Total Wellness

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Total Wellness

Personal Assessment - 8 Dimensions of Wellness

Then, total up the number for each of the 4 columns Write the sum of all your totals in the light gray box to the right of the chart This number is your score for that dimension (out of 40) TOTAL Personal Wellness Checklist Directions: Write down your scores from each of the dimensions and compare it to the maximum score You can divide

Princeton U Matter Wellness Self-Assessment

Total ___ Environmental Wellness: recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others Never Rarely Sometimes Usually 1 I recognize the impact of my actions on my environment 1 2 3 4

Sleep Quality Assessment (PSQI) - Aurora University

A total score of "5" or greater is indicative of poor sleep quality If you scored "5" or more it is suggested that you discuss your sleep habits with a healthcare provider What is PSQI, and what is it measuring? The Pittsburgh Sleep Quality Index (PSQI) is an effective instrument used to measure the quality and patterns of sleep in

WELLNESS CLAIM FORM - Allstate

WELLNESS CLAIM FORM If you have any questions regarding our determination of your claim, or if you would like to appeal any determination, please contact our Customer Care Center at 1 -800-348-4489 8:00 AM to 8:00 PM Eastern Standard Time Claim forms and other valuable information may be found on www.AllstateBenefits.com

THE MEDICARE ANNUAL WELLNESS VISIT: ...

Depression Screening • The Patient Health Questionnaire-2: PHQ-2 Overview • Used as an initial screen for depression • Inquires about the

frequency of anhedonia and depressed mood over the past 2 weeks • Includes the first two items of the PHQ-9 • A PHQ-2 score ranges from 0 - 6 • A score of 3 is the optimal cut point for screening

WELLNESS PROGRAMS AND INCENTIVES - Cigna

WELLNESS PROGRAMS AND INCENTIVES 890552 f 12/21 Employers have been using wellness programs to promote better health among employees and help control health care costs for a number of years The Affordable Care Act (ACA) wellness regulations were finalized > 30% of the total cost of medical coverage, including both employee and employer

Perceived Stress Scale - New Hampshire

• Now add up your scores for each item to get a total My total score is ____ • Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress Scores ranging from 0-13 would be considered low stress Scores ranging from 14-26 would be considered moderate stress

STEP TEST PROCEDURES - TotalWellness

STEP TEST PROCEDURES Supplies • Metronome • 12-inch-high Aerobics-type Step with Risers • Watch or Clock that counts seconds Definition

Cognitive Assessment Toolkit - Alzheimer's Association

Total Score: ____ (0-5 points) Total score = Word Recall score + Clock Draw score A cut point of <3 on the Mini-Cog™ has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher When greater sensitivity is desired, a cut point of <4 is recommended as

Aflac Accident Advantage

• A wellness benefit payable for routine medical exams to encourage early detection and prevention • Benefits payable for fractures, dislocations, lacerations, concussions, burns, emergency dental work, eye injuries, and surgical procedures • Benefits payable for initial treatment, X-rays, major diagnostic exams, and follow-up treatments

Sample Worksite Health Budget

Total Cost Wages/Benefits Part-time Wellness Director \$20,000 \$20,000 Materials and Supplies Wellness Council of Greater Cornville \$500 National Network of Wellness Councils \$50 \$550 Subscriptions and Publications Electronic newsletter service \$175 Various health publications \$150 \$325 Health Education Materials Blood pressure log-books

2017 School Health Index (SHI) (Elementary Version)

Employee Wellness and Health Promotion: A comprehensive school employee wellness approach is a coordinated set of programs, policies, benefits, and environmental supports designed to address multiple risk factors (eg, lack of physical activity, tobacco use) and health conditions (eg, diabetes, depression) to meet the health and safety needs

EXAMPLE - Budget Narrative Justification EXAMPLE

Wellness Coordinator will spend 100% of their time providing direct service to the participants (describe services) This individual's annual salary is and will be covered for the 12 months of the C Training - Total: \$80004 The Wellness Coordinator will attend Classes at ...

AMERICAN HERITAGE LIFE INSURANCE COMPANY ...

Please select the wellness screening received Supporting Documentation: Submit a bill or medical record documenting the listed treatment or testing provided Lipid Panel (Total Cholesterol Count) Mammography, including Breast Ultrasound Pap Smear, including Thin Prep Pap Test PSA (Prostate

Specific Antigen - Blood Test for Prostate

Owner's Guide for Two & Three Pump Spas

Spa covers sold with a Dr Wellness Spa meets the ATSM F1346-91 Standard for Safety Covers However, use of the cover, locking clips or actual locks will not prevent access to the Total Alkalinity 80 to 120 ppm Water pH 72 to 76 Calcium Hardness 150 to 250 ppm • Always shower before and after using a spa • Refer to Water Chemistry

Claims Made Easy - Combined Insurance

1 use this claim form for all claims except for wellness/preventative/health screening benefits 2 if disability is claimed, please have your employer or school complete section c, the employer's statement 3 if medical or hospital benefits are claimed, itemized bills must be attached section a claimant statement please print