



## You have options. Midland Health has created programs to meet the highest demands and requests in corporate wellness.

Midland created six Tier options with you in mind. Our Tier One program elevates employee engagement and return on investment through proven high-touch methods. All Tier options empower employees and their employers by providing insight to health and wellbeing while identifying the highest risk factors challenging the company population. The knowledge gained is your springboard to change. Midland also covers companies just needing an on site blood and biometrics screening partner.

### TIER ONE

**Our highest level, highest touch overall wellbeing program with outcomes of increased participation and greater return on investment. An extensive 50+ test lab panel gives participants and their physicians a tool to identify potential problems early.**

Lab Panel Plus (fasting): venipuncture blood draw for heart, lung, pancreas, thyroid, liver, kidney, electrolytes, white & red blood cell health & PSA for men.

Biometric screen: weight, height, blood pressure, BMI & waist measurement.

Midland Wellness Platform: online screening & coach appointment scheduling, Lifestyle Assessment with My Wellness Plan report and Resource Library.

Four twenty-minute onsite or telephonic coaching sessions for high risk individuals.

### TIER TWO

**This program focuses on in-depth assessment of your population, identifying and coaching the high-risk population to move the group toward changes in health, lifestyle and wellbeing.**

Standard Blood Panel (fasting): glucose, total cholesterol, HDL, LDL, and triglycerides.

Biometric screen: weight, height, blood pressure, BMI & waist measurement.

Midland Wellness Platform: online screening & coach appointment scheduling, Lifestyle Assessment with My Wellness Plan report and Resource Library.

Four twenty-minute onsite or telephonic coaching sessions for high risk individuals.



[midlandhealth.com](http://midlandhealth.com)

(800) 898-8211



## TIER THREE

**If you are new to corporate wellness and want to begin to understand the overall health of your population then this is a great place to start. Participants review their lab results with a health coach. Aggregate data reports allow our wellness experts to determine where you are today and make recommendations for ongoing wellness programming.**

Standard Blood Panel (fasting): glucose, total cholesterol, HDL, LDL, and triglycerides.

Biometric screen: weight, height, blood pressure, BMI & waist measurement.

Midland Wellness Platform: online screening & coach appointment scheduling, Lifestyle Assessment with My Wellness Plan report and Resource Library.

Twenty minute onsite or telephonic coach consult for review of Lifestyle Assessment and Learn your Levels Reports.



## TIER FOUR

**Considered a basic program for overview of your group health by providing lab results and reports. Can be used by companies not requiring the expertise and guidance of our health coaches and wellness experts, and who may have their own wellness staff.**

Standard Blood Panel (fasting): glucose, total cholesterol, HDL, LDL, and triglycerides.

Biometric screen: weight, height, blood pressure, BMI & waist measurement.

Midland Wellness Platform: online screening & coach appointment scheduling.



## TIER FIVE

**Our most economical program focuses on individual, self-guided improvement by providing access to our online Lifestyle Assessment questionnaire. After completing the assessment immediate feedback is provided through generation of My Wellness Plan online report.**

Midland Wellness Platform: coach appointment scheduling, Lifestyle Assessment with My Wellness Plan report and Resource Library.



## TIER SIX

**A good fit for companies desiring data collection services only; hospital systems needing a national screening partner, those not wanting to screen their own employees or needing supplemental screeners. This program works in tandem with organizations that have their own personnel to coordinate their wellness program. All data can be uploaded to a resource of your choice for coaching, report generation, etc.**

Standard Blood Panel (fasting) (Venipuncture or Fingerstick) or Lab Panel Plus (Venipuncture), raw data report or upload of data to source of their choice.