

MIDLAND WELLNESS PLATFORM

Tier Levels 1-5 receive online access to the Midland Wellness Platform. Depending on the Tier Level selected, you will have access to all or some of the following features:

Scheduling for screening and coaching appointments. Confirmation email reminders with features to add to calendar.

Lifestyle Assessment Questionnaire

My Wellness Plan report generated from Lifestyle Assessment

Resource Library with blogs, websites, and apps for a variety of wellness interests

Learn Your Levels aggregate and personal lab results

Lab Panel Plus reports: individual and aggregate

Customized Company Wellness Platform and messaging

LAB PANELS

Lab Panel Plus is a 50+ panel venipuncture blood draw for heart, lung, pancreas, thyroid, liver, kidney, electrolytes, white & red blood cell health & PSA for men.

Standard Blood Panel includes glucose, total cholesterol, HDL, LDL, and triglycerides.

ADDITIONAL TESTS

Nicotine Testing Venous

Nicotine Testing Oral Swab

Hemoglobin A1C Testing

PSA Males 40+

TSH

Vitamin D

REPORTS

My Wellness Plan

Immediately generated after completion of the Lifestyle Assessment, this report provides meaningful feedback and focuses on the whole person. Areas of focus: Nutrition, Movement, Lifestyle, and Wellbeing. The plan tells the person what they are doing well and where they can improve with tips to do so. Goals are identified to help focus on reducing risk for disease and improve overall health and wellbeing. A Resources link from the report gives access to health-related topics, blogs, apps and recipes.

Lab Panel Plus Aggregate & Individual Report

A 50+ blood panel aggregate and Individual report identifying outside of guidelines results for heart, lung, pancreas, thyroid, liver, kidney, electrolytes, white and reds blood cell health & PSA for men. The individual report can be shared with the participants physician to avoid additional costly lab testing.

Learn Your Levels Aggregate and Individual Report

Aggregate report shows the overall results of the groups Standard Blood Panel and Biometric screening. Identifies top health risks and can be used for wellness program planning. The individual report provides the participant with their blood and biometric results, how it relates to recommended values, and their individual and overall risk for each risk factor.

Coaching Outcomes Report

Reports eligibility, enrollment, and engagement of coaching participants, outcomes i.e. goals achieved & changes in participant health risk year to year, and coaching program participant satisfaction.

Raw Data Report

Provides raw, non-annotated results for Standard Blood Panel in excel document or for upload.

Note: 50 or more participants required for access to aggregate group reports per HIPAA compliance.

