



Business Health Trust wellness

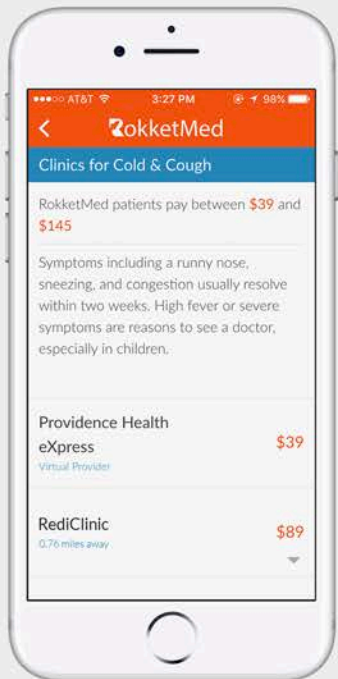
Staying healthy or improving health are important goals for our members and their families. We are working to make “wellness” as easy as possible. A successful wellness plan usually begins with a review of one’s current health through periodic health screenings. This year, we are partnering with RokketMed, a website and application that makes it easy to find convenient health care providers--and their prices--around work or home. When a member opens RokketMed, they will immediately find wellness services in their area.

RokketMed is available through Business Health Trust, at www.rokкетmed.com or in the iTunes and Google Play stores.



RokketMed wellness

RokketMed wellness is a mobile health care marketplace that helps members quickly identify wellness services, like flu shots, health screenings, smoking cessation, weight loss, minor depression and allows members to choose the service, location and price that fits their personal needs. Among the local health care providers participating are--Immediate Clinic, Group Health within Bartells, Swedish ExpressCare within Walgreens, and Multicare within RiteAid retail locations.



See page 2 for a sample of the services our providers offer

RocketMed wellness services and screenings

A1C Test

Age 20 and above, a baseline blood glucose screening is recommended. Regular blood glucose screening is recommended for those who are overweight, obese or have high blood pressure.

Cholesterol Screening

Age 20 and above, every 5 years if healthy. If at high risk associated with family history, obesity or high blood pressure; frequency is based on recommendations from your provider.

Flu Shot

Get a flu vaccine every year to protect yourself and others from the flu.

Health Screening

For healthy adults, get a health screening every few years. If at high risk associated with family history, obesity or high blood pressure, seek a health screening annually to focus on healthy choices.

Blood Pressure Screening

Get your blood pressure checked at least every 1-2 years.

Minor Depression

Depression can make activities such as working, studying or everyday tasks difficult. Depressed people may have a hard time enjoying the things they used to like. They may feel down, hopeless or cranky most of the day. Depression is common and treatable; it affects men and women of all ages.

Smoking Cessation

Smoking increases the risk of serious health issues. People who stop smoking greatly reduce their risk of disease and early death. One is never too old to quit!

Weight Loss

Being overweight or obese increases one's risk for coronary heart disease, high blood pressure, stroke, cancer, sleep issues, type 2 diabetes and more. A successful weight loss program includes motivation, commitment, and a properly developed plan. Our local providers can help. It is never too late to start losing weight.