

*CHRONIC DISEASE MANAGEMENT AT THE
HEALTHIEST COMPANY ON THE PLANET:*

THE VALUE OF A MULTIDISCIPLINARY WORKPLACE CLINIC



School of Nursing
UNIVERSITY OF WISCONSIN-MADISON



Katie Lothe, DNP, APNP, FNP-BC, AHNP-BC

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BARRIERS TO CARE



Cost



Time



Transportation



Providers

BENEFITS OF WORK PLACE CLINICS IN THE LITERATURE

Cost Savings:

- Work place visits 42% the cost of community visits (Turner, 2010)
- Saving \$1.00 for every \$0.15 spent in workplace clinic (Turner, 2010)
- Saving \$6.69 for every \$1.00 spent on care in the workplace clinic (Fox & McCorkle, 2018)
- Saving \$2.23 in saved sick time per \$1.00 spent on care in workplace clinic (Baicker, Cutler & Song, 2010)

Time Savings:

- Average of approx. 3 more productive on the job hours for workplace visits
(Shahly, Kessler & Duncan, 2014)

Employee Satisfaction:

- 95% of employees would recommend their workplace clinic to coworkers
- 96% of employees would return to the workplace clinic

(Conover et al, 2015)

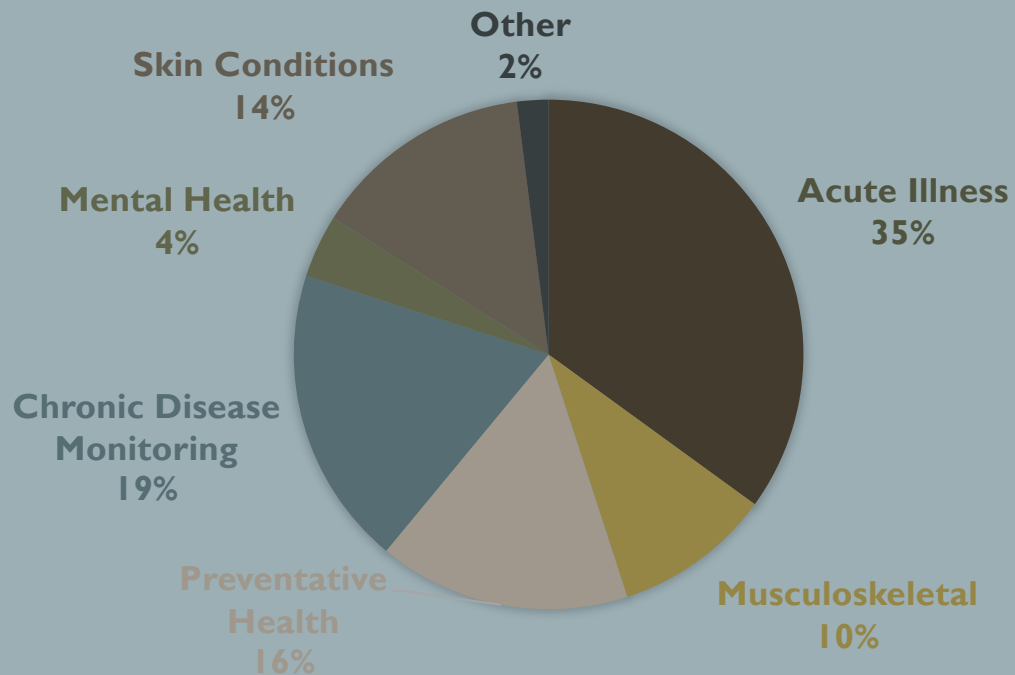


TREK BICYCLE CORPORATION'S INTEGRATIVE HEALTH CENTER

The Healthiest Company on the Planet

INTEGRATIVE HEALTH CENTER SERVICES

REASON FOR VISIT 2018



Providers available at no cost:

- Family Nurse Practitioner
- Athletic Trainer
- Registered Dietician
- Psychotherapist

Services at no cost:

Office visits:

- Primary care, chronic disease, urgent
- Pre-travel planning
- Skin lesion removals
- Laceration repair
- Allergy injections
- Lab work
- Vaccinations
- Electrocardiograms
- Pulmonary Function Testing

Copay or fee-based services:

- Chiropractor
- Acupuncturist
- Massage Therapist
- Medication Dispensing

BENEFITS OF INTEGRATIVE HEALTH CENTER

Cost Savings

- Trek saved over \$200,000 average net annual savings in cost of care for services provided on-site
- Health Insurance premiums have not increased in price in 6 years
- Less employee time missed

Health of Employees

- Improved chronic disease management
- Timely management of acute issues
- Ability to follow patients closely
- Early intervention for health risks
- Access to integrative care

ANNUAL BIO SCREENING

Purpose:

- Early detection of chronic disease
- Regular monitoring of disease control

Includes:

- Lipids, hgb A1c, cotinine levels, BP
- BMI, body fat %, waist circumference

Results:

- Scores awarded on 100 point scale
- Under 75 referred for additional resources

Biometric Scorecard

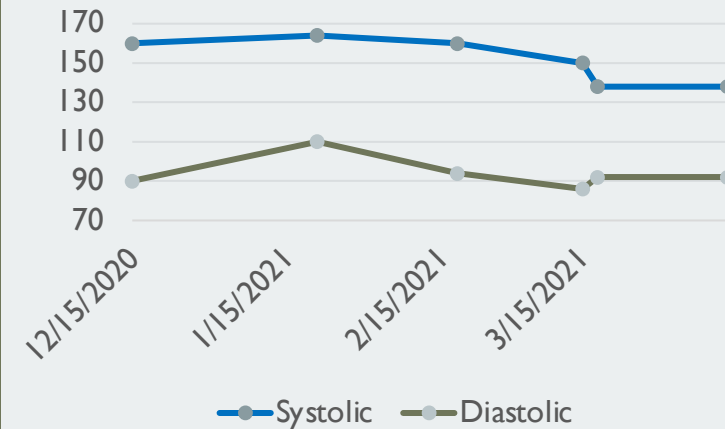


	MINIMAL	MODERATE	MEDIUM	HIGH	EXTREME
Nicotine					
Actual lab result	Negative	Negative	Negative	Negative	Positive
All participants	Never or Quit 24+ months	Quit 18 - 24 months	Quit 12 - 18 months	Quit Now - 12 months	Current Nicotine Use
Points	24 points	24 points	24 points	24 points	-6 points
Weight*					
Waist measurement	BMI Range	BMI Range	BMI Range	BMI Range	BMI Range
Male waist ≤ 40"	18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40+
Male waist > 40"	18.5 - 24.9	N/A	25 - 29.9	30 - 39.9	40+
Female waist ≤ 35"	18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40+
Female waist > 35"	18.5 - 24.9	N/A	25 - 29.9	30 - 39.9	40+
Points	24 points	18 points	12 points	6 points	0 points
* Your weight, along with where you carry it, both factor in to your overall risk category. Your actual risk is determined by your waist and Body Mass Index (BMI) measurement. First, identify the line with your waist measurement. Then, continue along that same line to your BMI to determine which risk category and points you achieved. A BMI of <18.5 will result in a loss of 6 points for underweight individuals due to associated health risks.					
Blood Pressure					
Systolic (Upper number)	119 or lower	120 - 129	130 - 139	140 - 159	160 or higher
Diastolic (Lower number)	and 79 or lower	and 79 or lower	or 80 - 89	or 90 - 99	or 100 or higher
Points	16 points	12 points	8 points	4 points	0 points
If your systolic and diastolic are in different point categories the lower point category was reported.					
Hemoglobin A1c					
All participants	0.0 - 5.6	5.7 - 6.0	6.1 - 6.4	6.5 - 6.9	7.0 +
Points	12 points	9 points	6 points	3 points	0 points
Triglycerides					
All participants	149 or lower	150 - 199	200 - 349	350 - 500	501 or higher
Points	8 points	6 points	4 points	2 points	0 points
LDL (Bad) Cholesterol					
All participants	100 or lower	101 - 115	116 - 130	131 - 160	161 or higher or unknown*
Points	4 points	3 points	2 points	1 point	0 points
*The "unknown" point category indicates a risk factor of a triglyceride level of 401 or higher.					
HDL (Good) Cholesterol					
Males	50 or higher	45 - 49	40 - 44	35 - 39	34 or lower
Females	60 or higher	50 - 59	40 - 49	35 - 39	34 or lower
Points	4 points	3 points	2 points	1 point	0 points
Total Cholesterol					
All participants	200 or lower	201 - 220	221 - 240	241 - 260	261 or higher
Points	4 points	3 points	2 points	1 point	0 points
Despite actual Total Cholesterol, you may have achieved higher points due to a better Total Cholesterol/HDL Ratio.					
Total Cholesterol/HDL Ratio					
Males	3.3 or lower	3.4 - 4.0	4.1 - 5.5	5.6 - 8.5	8.6 or higher
Females	3.3 or lower	3.4 - 4.0	4.1 - 5.5	5.6 - 7.0	7.1 or higher
Points	4 points	3 points	2 points	1 point	0 points
Total Cholesterol/HDL Ratio is Total Cholesterol divided by HDL Cholesterol.					
Total Points					
	100 - 86 points	85 - 71 points	70 - 61 points	60 - 51 points	50 points or lower

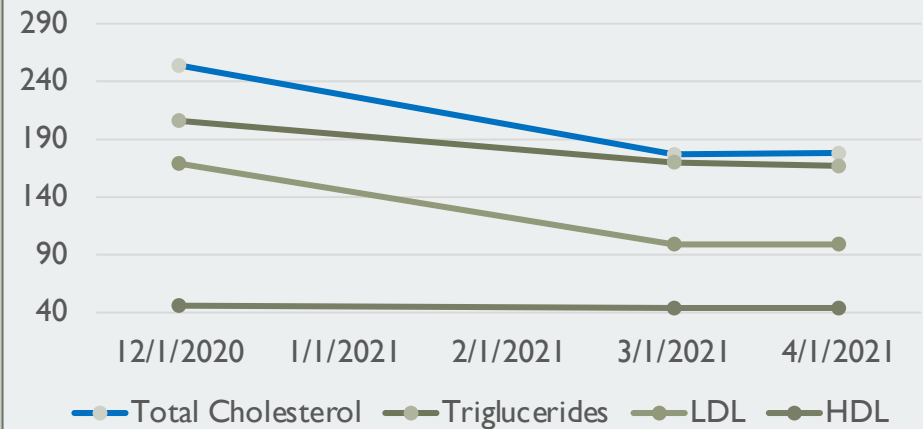
Values used on this scorecard are guidelines for prevention of known health risks and may be different than treatment guidelines utilized by your primary care provider.

CHRONIC DISEASE MANAGEMENT

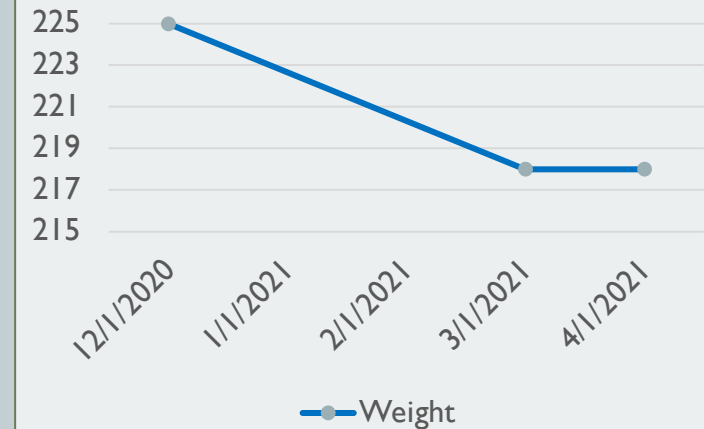
Blood Pressure



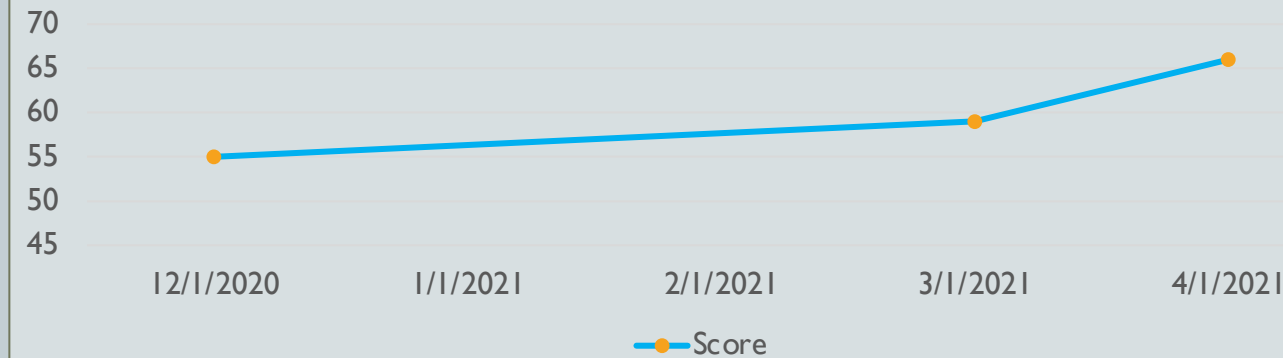
Cholesterol



Weight



Bioscreen Score



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