



MPR Health Fair Options

Stations and/or Educational Exhibits

Station #1: Biometrics

Blood draw or finger stick (fasting recommended)

- Total cholesterol, HDL cholesterol, glucose level

Height, weight, BMI, Waist Circumference, Blood Pressure

-contact local hospital, health department, a private biometric screening company; or Jeff Aebersold, MPR Wellness Coordinator

Station #2: Nutrition education

Includes, specific information on diet, related to the following measurements:

- Blood pressure – nutrition
- Good/Bad Fats
- Glucose levels/Diabetes
- Cholesterol, Heart Disease and Diabetes
- Weight Loss – Calorie, Carbohydrate and Sugar intake

-Contact local resource (i.e. registered dietician or Weight Watchers); or Jeff Aebersold, MPR Coordinator

Station #3: Exercise and daily activity

Information and/or training on overall or specific physical activities

- Strength and flexibility testing
- Incorporating exercise into your daily activities
- Start a walking program or challenge

-Contact Local YMCA or Fitness Center, or MPR Wellness Coordinator

Station #4: Health Risk Assessment

Encourage members to complete HRA with biometric measurements

- Cigna Representative – myCigna.com
- Humana Representative – myHumana.com

-MPR will contact Cigna and Humana

Station #5: Bone Density Testing

Foot Scan to estimate bone density

-MPR will contact Cigna

Station #6: Cancer Education

- Tobacco cessation information
- Screening information and reminders
- Lifestyle modifications to reduce risks

-Contact local American Cancer or Lung Association; or Jeff Aebersold, MPR Wellness Coordinator

Station #7: Stroke Detection Screening

- 30 or more participants recommended
-MPR can contact Stroke Detection Plus

Station #8: Child Health and Safety

-Contact local police department or Jeff Aebersold, MPR Wellness Coordinator

Station #9: Flu Vaccinations

-Contact local hospital or health department

Station #10: Delta Dental

-If dental insurance is with MPR, MPR can contact Delta Dental Representative

Station #11: VSP

-If vision insurance is with MPR, MPR can contact VSP Representative

Station #12: New Directions

-MPR can contact New Directions Representative

Station #12: Massage Therapy

- Chair Massage to reduce stress and boost morale
-Contact a local massage therapist or massage therapy school

Station #13: Save Our Spines (SOS)

- Preventing musculoskeletal injury
- Proper lifting techniques
-Contact local Physical Therapy or Chiropractors office, or MPR Risk Management Team

Station #14: Alzheimer's Screening

-In KC area only, contact Jeff Aebersold, MPR Wellness Coordinator

***Services or education provided by MPR or MPR Partners (Cigna, Humana, Delta Dental, VSP and New Directions) are available at no charge to the entity.

****MPR can assist in scheduling services provided by other vendors, but is not financially responsible. Financial arrangements should be set up between the entity and each vendor.