

# The Value of Wellness Screenings: John's Story

At 57 years old, John Brooks woke up and went to work just like every morning. But this morning would turn out a bit different. At 6:30 a.m. he attended a Lincoln County biometric screening event held by HEALTHWORKS. His blood pressure (BP) was incredibly high. At the time he had no ill feelings, headaches, or other symptoms that would sometimes go along with an elevated blood pressure. Staff suggested an ambulance and Emergency Medical Services (EMS) right away, but John declined. He was encouraged by Pam Helms, one of the HEALTHWORKS registered nurses at the screening, to call his primary care doctor right away for a follow up on his blood pressure.

"If I hadn't gone to the screening I could have had a heart attack or a stroke," said John. "I went home and then to my family doctor."

Pam's clinical knowledge and genuine concern made a big impact on him. He followed up and took action immediately by calling his primary doctor. At this appointment, his doctor confirmed his blood pressure was elevated and prescribed blood pressure medication. John then followed up two days later by getting a blood pressure device for home use as Pam recommended. He began monitoring his blood pressure.

John was so thankful that he had someone to help point him in the right direction. "I really believe in the screenings now. The nurses doing the screenings helped me most of all."



John Brooks meets with his health coach.

John recently started health coaching sessions with a HEALTHWORKS health coach, another service provided by his employer.

"It's really nice that they listen and want to help you," said John. "My health coach is helping me work on my stress and I'm getting a whole lot better." John also thanks his employer for the programs. "It's a good thing. They want to keep people as healthy as they can."

## About Screenings

HEALTHWORKS biometric screenings are done in conjunction with a health coaching or health management program. These solutions identify and prioritize the specific needs of employees and their eligible dependents based on their risk of chronic conditions –one of the primary drivers of employer healthcare costs.

Our highly skilled nurses and certified health professionals meet confidentially with participants to perform the screenings and review results. Together, they develop proactive and engaged lifestyle improvement goals in an effort to achieve better health and reduce future risk and claims costs.



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