

Isn't it Time to Lower Your Health Care Costs?

Let Midland Health Help You!

We offers customized wellness programs that fit your company culture and budget. We know that one size does not fit all.

Midland specializes in on site biometric testing including various types of blood work on a national basis.

We also offer a variety of health risk appraisals for you to choose from. We have HRA's in English, Spanish and French. They are available in paper format or on line.

Due to our national coverage, we are also a resource for wellness companies throughout the country. This is particularly helpful when screening those companies with multiple locations or those that have individuals that need testing outside of the group.

Wellness coaches work with each individual to provide support that will assist with behavioral change. Replacing habits can be difficult. The wellness coach assists with educational tools and materials that will support and motivate the person on their road to wellness. The wellness coach program is a 12-week, self-directed health education program that is focused on achievement of behavior modification goals. We offer programs on stress management and blood pressure, smoking cessation, weight loss and exercise.

Our programs are available

- In person
 - Over the internet
 - Through the mail
 - Over the phone
- NO EXCUSES!!!!**

Our disease management programs address chronic illnesses in a population through strategies of education and compliance management. The programs are delivered utilizing a multidisciplinary approach including telephonic interactions, internet information and disease-specific educational material mailings.

Call Midland Health and start increasing your bottom line today!

www.midlandhealth.com



Midland health™

On Site • Everywhere

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