

# WELL CHECK SCREENINGS

KNOW YOUR NUMBERS!



## ABOUT US

Hi! My name is Linda Rosenthal; I'm the Director of The EDGE Preventative Care. In our science and technology driven society, we have gradually drifted away from prevention of disease and have focused on treatment of disease. Instead of "healthcare" we have "sickcare." Our mission is to reignite a passion for wellness by getting people excited about developing and sustaining healthy habits. Our Well Check screenings and Nutrition Counselling are ideal tools to get your team involved and invested in their own health. We believe this leads to happier people feeling better and leading more fulfilling lives.



## WHY WELL CHECK SCREENINGS?

Blood Pressure, Blood Glucose and Cholesterol are excellent markers of health and can be predictors of major health events. By monitoring these values and using the appropriate nutrition interventions, we can **PREVENT** disease from developing or worsening. Body composition values such as body fat percentage, muscle mass, hydration and metabolism provide valuable information on our general health that an at-home scale cannot give us. These numbers enable us to look beyond the number on the scale and are ideal for effective goal setting and progress tracking.

# WHAT'S INCLUDED?

**Biometric Screening:** Blood Pressure, Blood Glucose and Cholesterol

**InBody Scan:** Medical grade bioelectrical impedance scale - 99% as accurate as a DEXA scan, measures Body Fat Percentage, Muscle Mass, Hydration and Metabolism

**Well Checks are FREE if followed up with Nutrition Counselling!**

# WHY NUTRITION COUNSELLING?

We must eat to live, but what we eat can heavily influence our quality of life. Proper nutrition is an integral part of a healthy lifestyle. A nutritious diet can aid in weight loss, reduce the risk of chronic disease, optimize athletic performance, improve mood, and so much more! Everyone's nutritional needs are different and thus their approach to diet should be too. Nutrition counseling uses science to create individualized recommendations and meal plans to help clients achieve their health and fitness goals.

**This service is fully covered by most Health Insurance!**



# WELL CHECK 101

**Step 1:** We work together to schedule a date and time block for your Well Check event.

**Step 2:** We provide an informative flyer linked to a registration document for your team to easily book their 15 minute Well Check appointment and a follow-up Nutrition Counseling session.

**Step 3:** On the day of the event, we do all the work! Each 15-minute appointment includes a blood pressure reading, a finger prick blood draw for blood glucose and cholesterol levels and an InBody scan - this is a 60 second test that measures body composition and requires the individual to be BAREFOOT.

**Step 4:** We strongly encourage everyone to follow up their Well Check screening with an individual Nutrition Counselling session. In this session with one of our Registered Dietitians, the results of the screening are reviewed in detail. Eating habits and wellness goals are discussed, providing the individual with personalized recommendations to help improve their relationship with food and reach their goals.

**Step 5:** Repeat every 3-12 months and see results!