

2018 workplace health screenings and classes

Choose from a variety of health screenings and health promotion classes you can bring right to your workplace. It's an investment in workforce health that can help you control costs while keeping your employees productive and at their best.

| Screening packages | Pricing |
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| Basic package — total cholesterol, HDL, glucose, and blood pressure (no fasting required) | \$35 per person |
| Advanced package — total cholesterol, HDL, glucose, blood pressure, height, weight, BMI, and body fat percentage (no fasting required) | \$42 per person |
| Total health package — total cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, height, weight, waist circumference, BMI, and body fat percentage (fasting required) | \$49 per person |
| Stand-alone screenings | Pricing |
| Blood pressure | \$75 per hour for each provider |
| Body fat percentage and BMI | \$75 per hour for each provider |
| Glucose (no fasting required) | \$15 per person |
| Height, weight, and waist circumference measurements | \$75 per hour for each provider |
| Total cholesterol (no fasting required) | \$20 per person |
| Wellness consultation (available as an add-on to biometric screenings — not otherwise available) | \$100 per hour for each consultant |
| Flu shot clinics | Pricing |
| Flu vaccinations | \$28 per person |
| Classes — single and multisession | Pricing |
| <ul style="list-style-type: none"> • Back care • Get moving • Healthy eating • Healthy habits • Healthy sleep • Quit tobacco • Stress management • Weight reduction <p>Some classes are available in a multisession format. Contact your Kaiser Permanente representative for details.</p> | <p>\$375 per one-hour session</p> <p>For extended or multisession classes, \$375 per hour (or portion of hour)</p> |

All prices and offerings are subject to terms and conditions. Some services are not available in all areas. Information may have changed since publication.



Terms and conditions

Fees

- Total fees may vary by event, based on actual participation, event duration, staffing, event hours, travel fees, class customization, etc. Estimated event fees will be provided when event is scheduled. Total actual fees will be detailed on post-event invoice.
 - Additional staffing fees apply to services provided weekdays after 6 p.m. and before 7 a.m., and any time during weekends.
 - Additional fees may apply for nonstandard event duration and/or nonstandard staffing levels.
 - Travel fees may apply, depending on event location, and will be quoted when event is scheduled.
 - All screenings priced hourly are subject to a three-hour minimum, billed at \$75 per staff hour. The full hourly rate will be charged for any partial hour.
 - Wellness consultations are subject to a three-hour minimum per consultant.
- Screenings and flu shot clinics will be charged the minimum of 30 participants or 80 percent of estimated participation, whichever is greater, plus any additional fees if applicable.
- Class participation is limited to 50 unless otherwise arranged at time of scheduling. Additional fees may apply.
- Additional fees may apply for customized classes and supplemental class materials and will be quoted at the time of scheduling.

Scheduling guidelines

- All service requests must be submitted **at least six weeks in advance** in order to comply with permit application deadlines and staff scheduling lead time. Requests submitted with less than six weeks' notice will be accommodated if possible but are **not** guaranteed.
- Requests to increase number of attendees or event duration less than 10 business days before event date will be accommodated if possible, though they cannot be guaranteed. Premium freight fees and supplemental staffing fees may apply.
- Requests to decrease number of attendees or event duration less than 10 business days before event date cannot be accommodated. In such cases, billing will be based on most recent participation estimate and event schedule provided before 10-business-day cutoff.
- Requests to change event type less than 10 business days before event date will be accommodated if possible, though they cannot be guaranteed. If requested changes cannot be accommodated, customer may reschedule, subject to rescheduling fee described below, or proceed with services confirmed before 10-business-day cutoff.

Cancellation and rescheduling policy

- If a confirmed event is canceled less than 10 business days before event date, 50 percent of the total estimated event fees will be charged.
- If a confirmed event is canceled less than five business days before event date, 100 percent of the total estimated event fees will be charged.
- If a confirmed event is rescheduled less than 10 business days before event date, 25 percent of the total event fees will be charged in addition to actual cost of rescheduled event. Rescheduling requests are subject to the six-week lead time described above. Rescheduling requests with less than six weeks' notice will be accommodated if possible but are **not** guaranteed.

Kaiser Foundation Health Plan, Inc., 1950 Franklin St., Oakland, CA 94612, 510-987-1000 • Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188, 626-405-5000 • Kaiser Foundation Health Plan of Colorado, 10350 E. Dakota Ave., Denver, CO 80247, 303-338-3800 • Kaiser Foundation Health Plan of Colorado, 1975 Research Pkwy., Ste. 250, Colorado Springs, CO 80920, 719-867-2100 • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Rd. NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan, Inc., 711 Kapiolani Blvd., Honolulu, HI 96813, 808-432-5955 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852, 301-816-2424 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Ste. 100, Portland, OR 97232, 503-813-2800 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101.



There may be additional workplace health and wellness class topics available in your area. Contact your Kaiser Permanente representative for details.