



# Biometrics cost comparison

**IF** you were to visit the doctor and pay out of pocket for the services provided by the biometrics portion of the Worksite Wellness Program you can estimate your costs to be as follows:

## AVERAGE OUT-OF-POCKET COSTS (per individual) to visit your doctor for screenings

### VISIT 1

co-pay (avg.cost)	\$25
Level 2 exam	\$96
Cholesterol	\$60
Glucose	\$27
Dietician counseling	\$75
Lung volume testing	\$400

### VISIT 2

co-pay (avg.cost)	\$25
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(Review results – 1 week waiting period)

**OUT-OF-POCKET COST \$708**



## Your cost by providing the WORKSITE WELLNESS PROGRAM AND BIOMETRICS (Cholesterol, Glucose, BP, and BMI)

### \$45 (per employee) includes:

- Biometric screening (results within 10 minutes)
- Group health profile (blueprint for success)
- Personal health report (mailed confidentially)
- Nutrition personal coaching
- Lung volume testing
- InBody BMI index (body fat analysis)
- Group challenges (anonymous participation)
- Active workshops and Lunch and Learns (Topics are employer's choice or they can be customized)
- And more

Minimum 25 participants, all prices are subject to change.



**Community Hospital**  
of the Monterey Peninsula  
Montage Health

## Worksite Wellness

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# Biometrics screening options

## OPTION #1 — \$40 per person

- No fasting required
- Finger prick only
- Results in ten minutes
- Total cholesterol
- Total HDL
- Total glucose
- In Body composition analysis
- Lung testing
- Blood pressure
- Individual wellness counseling
- Community wellness Resources
- Confidential personal health report, health score, and interactive health education portal

## OPTION #2 — \$ 45 per person

- Fasting required — 12 hours
- Finger prick only
- Results in ten minutes
- Total cholesterol
- Total HDL
- Total glucose
- In Body composition analysis
- Lung testing
- Blood pressure
- Individual wellness counseling
- Community wellness Resources
- Confidential personal health report, health score, and interactive health education portal
- Total LDL ratio
- Total triglycerides

In addition to our screening services, we can also include our clinical educational service lines to attend based upon their availability. Your choices are the following:

- Behavioral Health Services
- Carol Hatton Breast Care Center
- Comprehensive Cancer Center
- Diabetes and Nutrition Services
- Family Birth Center
- Montage Wellness Center
- Rehabilitation Services
- Sleep Disorders Center



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