

9

NINE

**Secret Components
of the**

BEST

**Health Testing
PROGRAM**

Professional Health Services, Inc.

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You may be starting a health testing program for regulatory compliance, or you may be seeking ways to benchmark and improve the health of your staff through a wellness program. Whatever the driver for the program you are looking to launch, there are nine vital components to ensuring its success.

1. PLAN IN ADVANCE.

If you are regulated by the government or an organization, you face meeting certain annual requirements. Note when those are due and begin planning for required health testing at least six months in advance. That way, you've allotted enough time to plan a successful program, plus some time for the normal day-to-day emergencies that always arise. If you're planning a wellness program, you might need longer than that to initiate employee interest and build the enthusiasm you need for success.

2. UNDERSTAND YOUR GOALS.

Without a clear understanding of the goals, you may miss an important test or objective and be disappointed at the end (or worse – rushed to meet your requirements at the 11th hour). Are your goals to benchmark current health and have a solid plan for improving each staff member's health? Is your goal to test every plant operator in each of your locations? Document the goal so you have a clear view of the end game.

3. ESTABLISH YOUR BUDGET.

Without a budget in mind, your program can't be managed and providers won't understand the parameters. Approach your program with a number in mind, and then work hard – with your partner – to come in under budget.

4. DOCUMENT THE REQUIREMENTS.

Clearly documenting the requirements of your health testing program isn't just for your partner – it's for you too! With this documentation, you and your partner will both have something to refer to when discussing program options.

5. FIND THE BEST PARTNER.

This step may be the most critical one in this document. To ensure a successful health testing program, you need a partner that has years of experience managing health testing programs, offers mobility in their service so your staff is less inconvenienced, and offers the consultative approach you need to plan and execute a successful health testing program.

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6. CUSTOM DESIGN A SOLUTION.

Once you have selected your partner of choice, work with them to custom design your health testing program solution. The options are virtually endless, but they aren't all right for you. The budget, goals and requirements you established in steps 2, 3 and 4 will serve as the guide and parameters for designing the best solution for your needs, without breaking the bank!

7. MANAGE SCHEDULING AND LOGISTICS.

If you've selected a good partner, they will help you manage the scheduling and logistics by providing guides to follow for planning your health testing and successfully executing it on the day (or days) of the program.

8. REVIEW AND ANALYZE THE REPORTS.

When the health testing program is over, it doesn't end there. A good partner will provide detailed reports for you that documents the tests administered and health performance of your staff. A good partner will also provide consulting with the reports to help you analyze them and develop an action plan for the future.

9. ESTABLISH PLANS FOR ONGOING NEEDS.

Whether you test regularly, annually or have a program that runs from time-to-time, it is critical to set concrete plans for the future. A good partner will assist you with this planning and will proactively reach out to you when it's time to work on your next health testing program.

PROFESSIONAL HEALTH SERVICES: YOUR HEALTH TESTING PARTNER

Professional Health Services provides a variety of healthcare delivery solutions and unique programs designed to meet all of your compliance and wellness needs, including our own mobile testing units that travel to your individual locations. We make it easy for you!

We offer complete flexibility in building programs that are best for you and your budget. Our team works with you to discover what you, your company and your employees need. We build a trusting relationship with you and take on the responsibility of managing your entire program, whether it is compliance health testing, wellness programs, or both.

- Wellness and compliance experts
- Health testing solutions designed specifically for you
- Secure, HIPAA-compliant reporting
- Regulatory expertise across industries
- Flexible scheduling and logistics

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