

Meridian Health Services Network On-Site Resources

ON- SITE CLINICS



On-Site Clinics improve the quality of care and cost containment, the efficiency of their coordinated care and the efforts of their entire preventative and reactionary health, wellness and medical team. We offer two types of on-site clinics which incorporate new and traditional health and medical services.

OUR ON-SITE CLINIC, PROGRAMS AND CLASSES FOCUS ON:

- Improvements in cardiovascular health
- Reductions in blood pressure in people with hypertension
- Decrease percent fat
- Improvement in insulin sensitivity in Type 2 diabetics
- Reductions in risk for osteoporosis
- Improved postural stability
- Reduced risk of falling
- Improvements in functional capacity and quality of life
- Lower probability of hospital admission and lower hospital costs
- Reduced sickness instances and shorter recovery times (sickness, accidents, procedures, etc.)

INTEGRATIVE MEDICAL ON-SITE CLINIC

This type of clinic takes medical care one step further into integrative medicine. Some of the services offered:

- ✓ **Chiropractic Evaluations**
- ✓ **Chiropractic Adjustments**
- ✓ **Naturopathy**
- ✓ **Nutrition as Medicine**
- ✓ **Craniosacral Therapy**
- ✓ **Massage Therapy**
- ✓ **Acupuncture**
- ✓ **Essential Oil and Herbal Therapy**

PHYSICAL & OCCUPATIONAL THERAPY ON-SITE CLINIC

This type of clinic takes an integrative approach to the injury management system. By instituting an on-site PT & OT clinic, we're able to collaboratively address the following:

- Injury Prevention
- Ergonomics
- Physical & Occupational Therapy Programming
- Functional Capacity Evaluations
- Rehabilitation
- Pain Management
- Coordinated Care

By implementing on-site clinics, we're enabling employees to reconnect with their body, as well as natural and more holistic types of medicine and treatment. While it is never intended to replace traditional medicine, integrative medicine can be a great compliment to not only the body, but to the mind and spirit as well. Oftentimes, the effect is less need for traditional medical visits, treatments and drugs, or even elimination.

On-site clinics reduce the cost for various testing procedures and lab work, as they can be performed by professionals on site. Integrative therapies, such as craniosacral, massage and others can dramatically improve the quality of life while reducing stress and boost health.



FOR MORE INFORMATION CALL ...

Meridian Health Services Network 1-800-994-1143

www.MeridianHSN.com