

Study Finds Lifeclinic Self-Testing Health Stations in Workplace Help Reduce Hypertension and Obesity

BURTONSVILLE, Md., Feb. 13 (SEND2PRESS NEWSWIRE) – A new study finds that Lifeclinic automated self-testing health stations in the workplace are a valuable tool for employees and employers in the management of hypertension and obesity. Results of the study appear in the January 2009 issue of Postgraduate Medicine, a peer-reviewed medical journal.

The study analyzed blood pressure and weight data collected over an 18 month period from 18 Lifeclinic LC500 health stations installed in 13 workplace locations of a company with approximately 20,000 employees.

The study found that:

- * Over 21 percent of the employees voluntarily used worksite health stations to measure their blood pressure or weight.

- * Worksite health stations identified 27 percent as hypertensive, 40 percent as pre-hypertensive, 38 percent as obese, and 35 percent as overweight.

- * Approximately half of the employees with hypertension and 10 percent of the employees with obesity successfully reduced their health risks.

“Worksite health stations provide cost-effective tools to fight the hypertension and obesity epidemic, which hurts employee health and productivity,” said John T. Kelly, MD, Lifeclinic’s Chief Medical Officer. “Worksite health stations increase employee awareness of health risks, encourage behavior change to reduce health risks, support effective health promotion programs, improve employee health, and enhance productivity.”

More than one thousand employers have installed several thousand Lifeclinic self-testing health stations at worksites. The Lifeclinic LC500 provides automated measurements of blood pressure, pulse, weight, body fat, and BMI. Peripheral input ports interface with various personal health devices, including pedometers. The LC500 is Internet-ready for secure, HIPAA-compliant, connection to health and wellness tools. Additional information about the Lifeclinic LC500 is available at www.lifeclinic.com.

“Worksite health stations integrate health promotion into the worksite and its culture, reach employees who normally would not be engaged in health improvement, and support health and productivity improvement,” said Dr. Kelly.

About Lifeclinic International, Inc.:

Lifeclinic is the world’s largest supplier of commercial, automated, blood pressure monitors and health stations. Lifeclinic blood pressure monitors can

be found in over 30,000 pharmacies and 5,000 worksites, medical clinics and health clubs worldwide, performing 500 million blood pressure measurements annually. Lifeclinic blood pressure machines, health stations and management systems encourage individuals to take an active role in their healthcare and provide corporate management with tools to help reduce costs while improving the health of individual employees.

Visit lifeclinic.com/products.aspx or lifeclinic.com/solutions.aspx for more information about Lifeclinic's products and solutions.

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