



Lifestyle Enhancement Activity Program

About PrimaryPlus

Lewis County Primary Care Center doing business as PrimaryPlus, is a federally qualified health center that has served the Northeastern Kentucky and Southern Ohio population for over 25 years. Our PrimaryPlus offices offer a full range of care from family health, women's health, dental, pharmacy services, x-ray/ultrasound, minor emergency care, PLUS more. The company continues to build on its founding mission of providing quality, advanced, affordable healthcare to its patients. It is our goal to be an outlet for HEALTH . . . for our employees, our families, our patients and our communities—much of what LEAP encompasses!

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Maysville, KY 41056

LEAP-Wellness: 606.759.0433

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LEAP-Occupational Medicine: 606.759.3193

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Office Locations include:

Vanceburg 211 KY 59 Vanceburg, KY 606.796.3029	Tollesboro 17521 W. KY 9 Tollesboro, KY 606.798.3151	Flemingsburg 520 Elizaville Rd. Flemingsburg, KY 606.845.0028
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Maysville 927 Kenton Station Dr. Maysville KY 606.759.0433	Bracken 1551 Augusta Chatham Rd. Augusta, KY 606.756.2117
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www.primaryplus.net



A PROUD PROGRAM OF **PRIMARYPLUS**

PrimaryPlus, a network of federally qualified health centers, is proud to offer their trademarked LEAP program (Lifestyle Enhancement Activity Program) to businesses and industry throughout Kentucky and its neighboring states. LEAP has been a proven success for many organizations helping build a comprehensive wellness and occupational medicine model that is convenient, affordable and structured to best suit you and your employees' needs.

The LEAP concept first originated in the fall of 2003 and has continued to grow as an innovative program providing a full range of wellness, educational and occupational health services. Many of LEAP's services can be conveniently brought on-site to YOU! Through our comprehensive range of services, we promise to stand strong on our founding mission of Quality, Advanced, Affordable Healthcare!

Why LEAP?

- ▶ Builds Healthier Employees
- ▶ Helps promote a healthy lifestyle to those around you—family, friends, co-workers, etc.
 - ▶ Can help reduce staff absenteeism due to illness and/or injury
 - ▶ Convenient and affordable
 - ▶ Customizable to fit your needs...
 - ▶ Having the LEAP team as cheerleaders—we are always on your side!



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OUR COMPONENTS

LEAP™-Wellness

The wellness component provides an evaluation of blood work, biometrics, consultation, etc. Through these measurements we are able to set goals and start your employees on a path to good health.

The program starts with fasting blood work measuring: Total Cholesterol, HDL (good cholesterol), LDL (bad cholesterol), Triglycerides, and Glucose, PLUS records weight, blood pressure and body mass index.

Results are reviewed with a LEAP advisor, manageable goals set, and an opportunity to meet with our registered dietitian will be provided. PLUS educational materials on diet, exercise, and disease management are offered to help guide participants on a healthier path. Several Ala Carte services are also available such as more extensive blood work, educational seminars, aggregate reporting, etc.

LEAP™-Occupational Health

Our OccMed team offers the ability to create an occupational health package custom-made to suit the individual needs of each employer, regardless of the number of employees. The list of opportunities for our LEAP-Occupational Medicine are endless!

Services include (but not limited too): Physical Exams (pre-employment/post-offer/DOT/fitness for duty), Health Screening Services (audiometric/pulmonary function/chest x-ray), Injury Treatment, Substance Abuse Testing (NIDA approved), Educational Programs, Treatment Coordination

LEAP-OccMed services can be packaged to meet both OSHA-mandated screenings, as well as, healthcare needs while still being affordable. The OccMed team serves over 200 companies and performs approximately 4,000-5,000 drug screening each year

On-site collections and testing may also be arranged based on participant number and services.

LEAP™-Customized & Comprehensive

The many components of LEAP can happily merge to make a Customized Comprehensive Program designed to fit the needs of your company. Our team will work with you to build a well-rounded program--of course, the more you pick the greater the discount! The key is to ensure you have an innovative, comprehensive program that will benefit the health of your employees and the bottom line of your budget!