

Employer activation request menu



Kinwell



Kinwell Employer Activation Request Menu

To help your employees learn more about Kinwell, you can now host tailored programs covering topics that matter most to them. These classes, available both virtually and in person, address various aspects of primary care. We also offer flu clinics for employer groups. To schedule, please contact your account manager.



Employer: _____

Contact name: _____

Contact email: _____

Contact phone: _____

Premera account manager: _____

Preferred dates for activations: _____

Check the box next to the menu item you are interested in scheduling:

- | | | | |
|--|----------------------------------|------------------------------------|-----------------------|
| <input type="checkbox"/> 1. Kinwell informational presentation | <input type="checkbox"/> Virtual | <input type="checkbox"/> In-person | Est. attendance _____ |
| <input type="checkbox"/> 2. Biometric screening | <input type="checkbox"/> Virtual | <input type="checkbox"/> In-person | Est. attendance _____ |
| <input type="checkbox"/> 3. Lunch and learns | <input type="checkbox"/> On-site | <input type="checkbox"/> In-clinic | Est. attendance _____ |
| <input type="checkbox"/> 4. Flu vaccine clinics | <input type="checkbox"/> On-site | <input type="checkbox"/> In-clinic | Est. attendance _____ |



Kinwell informational presentation

Invite your staff to a 30-minute virtual or in-person presentation about Kinwell Health. We'll introduce our integrated care model for primary care, family medicine, and behavioral health; highlight nearby locations; explain appointment scheduling; and answer questions about our services. Please allow 30 days' notice to schedule a session. Virtual presentations accommodate up to 1,000 members; in person availability depends on space and A/V setup.

Health screening

Schedule a day with our staff to conduct onsite or in-clinic health screenings. During a health screening, clinicians:

- Measure resting blood pressure rate
- Record height, weight, waist circumference, and BMI measurements

Health screenings can tell your employees a lot about themselves and their health. The screenings check for clinical obesity as well as risks factors for cardiovascular disease, sleep apnea, and diabetes.

After health screenings, Kinwell clinicians share results with employees and can recommend early actions for high cholesterol or increased waist size--both potential heart disease indicators. Please provide 60 days' notice for scheduling (limit: 80 members/day); additional group costs may apply.

Lunch and learns

Let our clinicians join your staff during lunchtime for a more in-depth discussion of health and wellness topics that interest them. We request 45 days' lead time for lunch and learns. Virtual attendance is limited to 1,000; in-person capacity depends on employer space and A/V resources.

Examples for topics:

Women's healthcare: The importance and timing of cancer screenings; birth control options; hormone supplementation during menopause; bone density testing; and age-appropriate vaccinations.

Heart health: The differences between blood pressure and cholesterol; the benefits and drawbacks of statins; weight and glucose management; and the benefits of physical activity and smoking cessation.

Weight loss: Discussions on how the mind/body connection can affect weight management (we can provide behavioral health staff for this conversation, as well); the importance of blood sugar, fiber, and healthy fats in a diet; and the newest weight-loss medications and their effectiveness.

Smoking cessation: Discussions on the five A's and five R's for smoking cessation; development of a quit plan (we can provide behavioral health staff for this conversation, too); and what an NRT (nicotine replacement plan) can offer and tools to implement a plan.

Managing workplace stress: Host a discussion with one of our behavioral health professionals on tools to reduce stress such as developing healthy responses; improving relaxation techniques; and identifying outside support options.

Flu shot vaccine clinics

During the fall or winter, Kinwell clinicians will come to your location to host an onsite vaccination clinic. For Spanish speakers, we can provide vaccine information in Spanish and have Spanish-speaking clinicians present. We request 60 to 90 days' lead time for onsite vaccine clinics. Limited to 240 members daily; additional group fees may apply.