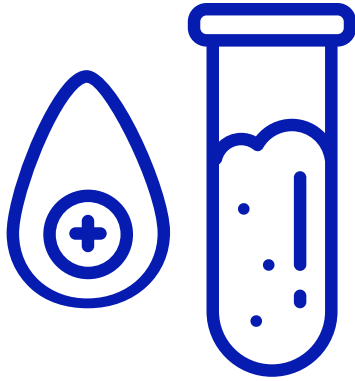


# LEHB PROGRAMS AND SERVICES



## Comprehensive Health Screening:

Available ten times a year at various locations. Includes a height, weight, blood pressure and BMI screening, blood draw and retinal eye exam. The three stations identify obesity, hypertension, diabetes, prediabetes, high cholesterol, retinopathy, calcification, tumors and more.

Spring Dates on Flyer.

## Colorectal Screening:

LEHB offers the Fecal Immunochemical Test (FIT) to members over 45 or who have a family history of colorectal cancer. The test detects enzymes in the stool which is an early indicator of cancer. If there is a positive result one of our nurse navigators will assist you in getting a colonoscopy appointment.

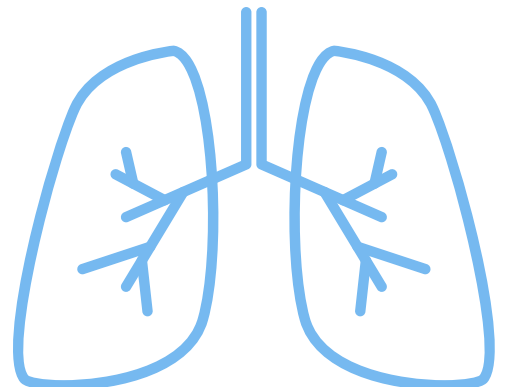


## Temple Heart Scan:

A 256 slice CT scan of your heart that identifies plaque and calcium deposits which can result in blockages. The scan is performed at Temple Hospital at Broad and Tioga. Available for men over 40 and women over 50, or anyone with a family history of heart disease.

## Temple Lung Scan (Healthy Chest Initiative):

CT scan of the lungs which can identify nodules, tumors or other pulmonary issues. Performed at three different Temple Locations. Available for smokers, former smokers or anyone who has had exposure to chemicals or harmful environmental factors.



## Diabetes Prevention Program:

LEHB offers two ways to lower your risks of developing type 2 diabetes! You can choose a one hour virtual diabetes prevention informational session or a year long diabetes prevention program. (some sessions will be in person)



## Smoking Cessation:

LEHB offers two types of hypnoses or counseling with a certified tobacco treatment specialist.

## Cancer Navigation Group:

In order to assist our members who have been diagnosed with cancer, we have partnered with the Cancer Navigation Group. The Cancer Navigation Group is an organization that guides cancer patients to the most appropriate care and resources for their specific needs.



## Healthy Beginnings:

A complementary program for expectant mothers which offers access to multiple resources including : reimbursement for their first OB visit, free blood pressure cuff, support group, fitness training, cooking demonstrations and more.



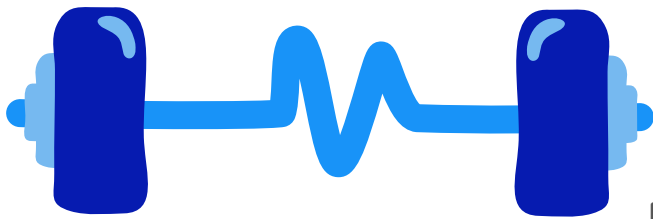


## Health Transformation Program:

The Health Transformation program is a year long program that provides you with a custom nutrition and exercise plan, access to a fitness expert and the opportunity to win cash prizes.

## Mammogram Reimbursement:

In order to promote yearly screenings, LEHB gives members a \$25.00 gift card when they submit their mammogram results.

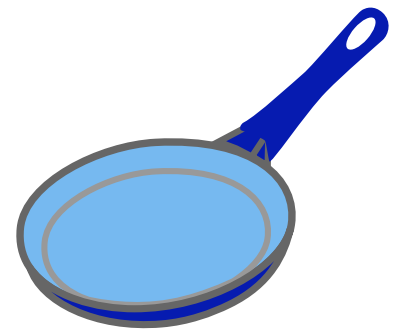


## Fitness Reimbursement:

LEHB offers a fitness reimbursement of up to \$100 dollars every six months with the completion of 70 visits to a gym of your choice. For more information on eligibility requirements, please see the "LEHB Fitness Reimbursement Program Booklet" under the "Health Promotion and Disease Management" tab at [lehb.org](http://lehb.org)

## Cooking Demonstrations:

Approximately every six to eight weeks LEHB and a Registered Dietitian from Husk Wellness hold a cooking demonstration at the LEHB Health and Wellness Center. The cooking demonstrations can also be attended virtually on Zoom or watched by recording at a later date.



## Nutrition Series:

An 8 week virtual program presented by a Registered Dietitian from Husk Wellness. Each week covers different nutrition related topics with opportunities to earn points to win prizes.

# NURSES

## LEHB Nurse Navigators:

LEHB has two full time Nurse Navigators, Sylvia and Tracy. They assist members with managing diabetes, asthma and other illnesses. Members will receive a follow up call from Sylvia or Tracy when they are discharged from the hospital. Our nurse navigators can also assist with finding members a primary care doctor or specialist.

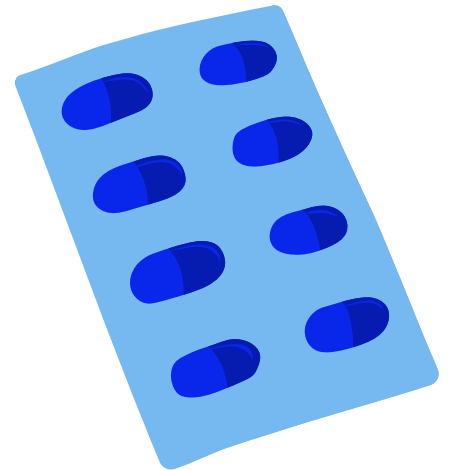


## Independence Blue Cross Care Management Nurses:

IBC Nurses help facilitate home care, educate members on post-op and discharge instructions and assist LEHB nurses with follow-up when a member is discharged from the hospital.

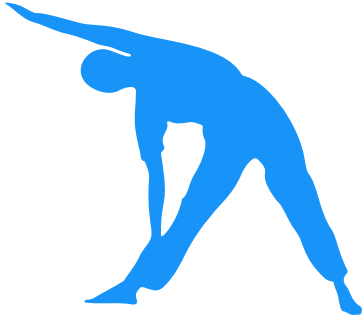
## Guardian Nurses:

LEHB contracts with Guardian Nurses to assist members dealing with serious illnesses. They can accompany members to their appointments and help facilitate second opinions. Guardian nurses can also help manage medication and find patient assistant programs.



# LEHB HEALTH AND WELLNESS CENTER

9432 Roosevelt Blvd.  
Philadelphia, PA 19115



## **Fitness Center (1st Floor):**

Full Service Gym. Includes an assortment of cardiovascular machines, a large free weight area and an aerobics Room. Fitness, Zumba, Body Sculpting and Yoga classes are also available. Must participate in an LEHB program.

## **Behavioral Health (2nd Floor):**

Can provide individual, couples or family therapy. Psychiatric evaluations and medication management are also available.



**Additional Programs and Services coming soon!**

# CONTACT LEHB

## Main Office:

Phone: 215-763-8290

Fax: 215-763-8808

## Fitness Center:

Phone: 267-350-5400

## Website:

[www.lehb.org](http://www.lehb.org)

## General Email:

[q&a@lehb.org](mailto:q&a@lehb.org)

## Dental and Vision:

Phone: 215-364-3529

## Behavioral Health:

Phone: 267-350-5405

## Social Media:

Facebook: search "Law Enforcement Health Benefits"

Twitter: LEHB\_2233

Instagram: LEHB\_2233

In addition to the services listed above, LEHB can also assist with billing, prescription, Medicare, retirement and general benefits issues.