

# LEHB PROGRAMS AND SERVICES

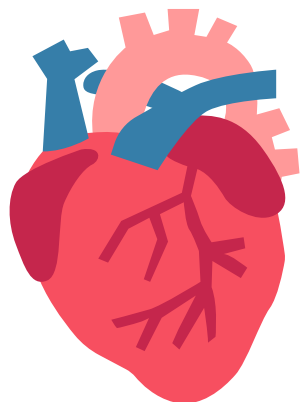
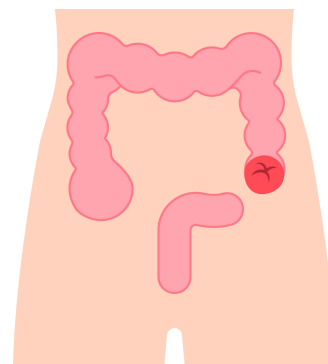


## Comprehensive Health Screening:

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.

## 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.

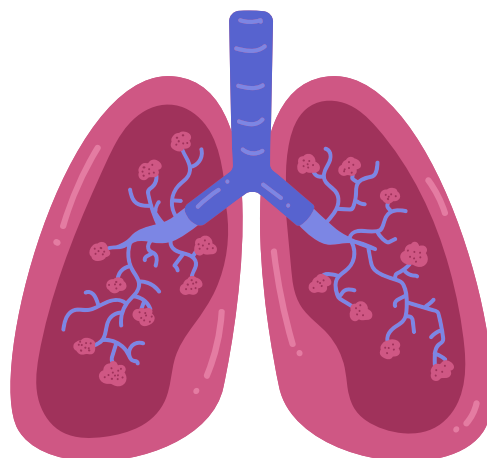


## Temple Heart Scan:

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 and Jeanes Hospital. 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 at Temple Hospital at Broad and Tioga and Jeanes Hospital. . Available for smokers, former smokers or anyone who has had exposure to chemicals or harmful environmental factors.



## Diabetes Prevention Program:

LEHB offers ways to lower your risks of developing type 2 diabetes! A 3 part series is available now. Please call LEHB for dates and times.



## Smoking Cessation:

LEHB offers two types of hypnosis 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.



## Baby Blueprints:

A program from Independence Blue Cross for pregnant women. A Baby Blueprints nurse will call to see if you have any questions or concerns and check in with you throughout the pregnancy.

## Healthy Beginnings:

A complementary program for expectant mothers who are enrolled in Baby Blueprints 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.



## Burnalong:

Burnalong is a health, wellness, and fitness platform that provides online classes and programming that you can access from anywhere, at any time. With live and on-demand classes in categories including fitness, nutrition, chronic condition management, and mental health—there is something for everyone. Scan the code or call LEHB to receive the registration link.



## 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 "LEHB Programs and Disease Management" tab at [lehb.org](http://lehb.org)

## Cooking Demonstrations:

Approximately every six to eight weeks Emily, the LEHB Registered Dietitian from holds 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.



# NURSES

## LEHB Nurse Navigators:

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



## 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.



## 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.



# 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.

## Behavioral Health (2nd Floor):

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

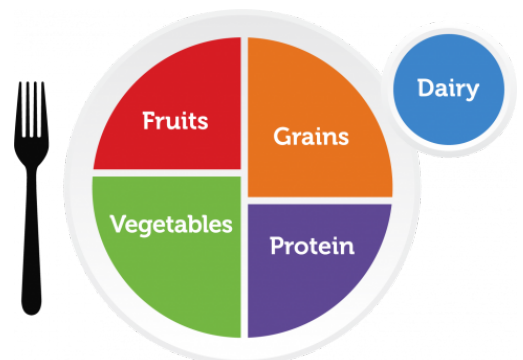


## Temple Medical Office:

Primary Care and Walk-in services for members 18 and older. Open MWF from 8:30-5:00 and Tu/Th from 10:30 -6:00.

## Dietitian Services:

Provided by Emily Rykaczewski in person or virtually. Dietitian services include: Medical Nutrition Therapy, Mindful Eating Weight Management, Sports Nutrition Meal Planning, Eating on a Budget.



**MUST BE AN LEHB MEMBER OR COVERED DEPENDENT TO  
ACCESS THE HEALTH AND WELLNESS CENTER,**

# CONTACT LEHB

## Main Office:

Phone: 215-763-8290

Fax: 215-763-8808

## Fitness Center:

Phone: 267-350-5400

## Medical Office Scheduling Center

Phone: 215-707-2400

Press option #2

## Social Media:

Facebook: search "Law Enforcement Health Benefits"

Twitter: LEHB2233

Instagram: LEHB2233

## Dietitian Email:

ear@lehb.org

## Dental and Vision:

Phone: 215-364-3529

## Behavioral Health and Dietitian :

Phone: 267-350-5405

## Website:

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

## General Email:

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

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