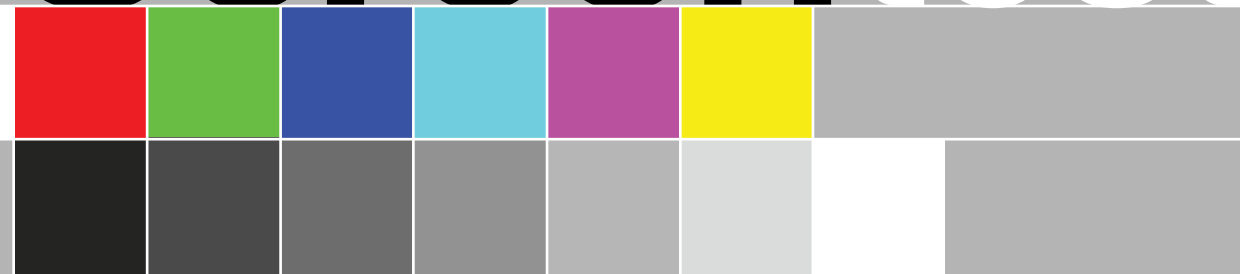


Screen test



Measuring the good and bad

On-site health screenings can point the way to improved well-being

By Susan Birkholtz

It was the kick-start that Michael Schlager needed to do something about his health.

Four years ago, the 34-year-old Jeppesen aviation meteorologist in San Jose, Calif., participated in Boeing's on-site health screening program. The results were not that good.

His screening showed elevated cholesterol, triglycerides, blood sugar and blood pressure levels, and his body mass index was too high.

"If it hadn't been for the convenience of being able to get screened on-site, I'm not sure I would have found out about my situation until much later," said Schlager, who doesn't recall ever having his numbers checked previously.

On-site health screenings such as the one Schlager took part in are being offered at most U.S. work sites through Sept. 30. They are available to U.S. Boeing employees and U.S. subsidiary employees, except in some circumstances where a subsidiary maintains its own health plans.

A nurse discussed the results with Schlager after the screening and advised him to follow up with his personal physician. Bottom line: Schlager needed to lose weight. Motivated to get healthy and not fall victim to a family history of diabetes, Schlager next completed the online Health Assessment and started working with a Boeing-sponsored

personal health coach to set goals and stay motivated.

With guidance from his coach, Schlager began to reduce portion sizes and to eat more fruits, vegetables and whole grains. His coach also helped him initiate an exercise program—getting him back on his bike, which had been gathering dust, and into a neighborhood gym.

"It was a definite motivator working with the health coach and having someone to keep me accountable," said Schlager, who now weighs 50 pounds (23 kilograms) less than he did four years ago. And, due in large part to the weight loss, his health numbers are now within normal limits.

Today, exercise and eating right have become a way of life for Schlager, even though his work schedule changes constantly and makes it challenging to establish a set workout routine. He makes a conscious effort to keep himself on track.

"I don't want to lose what I've gained, and I know it gets harder to keep the weight off as you get older," said Schlager, who now makes it a point to get screened on-site yearly. "Having screenings available on-site every year lets me check in to see how I'm doing. And they've helped me improve my dialogue with my doctor."

Schlager credits his healthier lifestyle habits with a happier and more social life, improved self-confidence, and increased productivity on and off the job.

What's on the horizon? Schlager wants to maintain his weight loss and take his workout routine to the next level by incorporating more weight training and running a race for the first time.

In fact, he's thinking it's time to call a health coach again to make these goals a reality. ■

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PHOTO: An on-site health screening convinced Michael Schlager to focus more on his health. Today, exercise and eating right have become a way of life for him. He plans to continue the annual on-site screenings. PAUL PINNER/BOEING



Confidential screenings are offered at no cost to employees and measure:

- Total cholesterol
- LDL ("bad") cholesterol
- HDL ("good") cholesterol
- Triglycerides
- Glucose (blood sugar)
- Blood pressure
- Body mass index (BMI)
- Waist circumference

For schedule information or to make an appointment, visit www.boeing.com/screenings. Walk-ins will be accommodated as space permits.

Win a \$100 movie gift card

Every employee who gets screened on-site will be entered into a drawing to receive a \$100 movie gift card.* Each week through Sept. 30, the names of 100 employees who were screened on-site that week will be randomly drawn to receive a gift card. Winners will be notified by email approximately three to four weeks after getting screened.

* If your work site has fewer than 50 employees and does not offer on-site screenings, you will receive an email explaining how you can qualify to be entered into the drawing for the \$100 movie gift card.