

# Body maintenance to improve productivity

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 and health maintenance can be quality of life and longevity, the corporation's life can be increased productivity and efficiency. Research has indicated that businesses that save money as an improvement in employees health can reduce health care

costs, decrease job turnover rates, decrease absenteeism and increase productivity and job satisfaction, said Yanakos.

Executive Health Center has a Buy Back Program whereby the corporation is encouraged not to subsidize the employee unless there is some participation in the fitness program, said Yanakos. The Center reports the employee's participation to the corporation and, based on that, the corporation will buy back the membership from the employee.

The corporation usually agrees that if the employee participates one and one-half times a week, he will be reimbursed 100

percent.

The average cost of an annual membership varies on how much care is needed (for instance, those with heart or orthopedic problems have a higher fee) but it is generally around \$500 per person. Corporate group membership fees run about \$400 per employee annually.

The medical exam in many cases can be covered under the company's employee benefit plan, and the center is an authorized clinic in terms of third party billing; the majority of major corporations are covered by Blue Cross/Blue Shield.

Some of the major groups who have current memberships include National

Steel, Pittsburgh Press and Post-Gazette, Bell of Pennsylvania, and Dravo, as well as an overflow of Westinghouse employees.

After its first year of business, Executive Health Center has a total of 1,000 members inclusive in the maximum of 1,400 total membership packages. "We don't go over that, unlike other clubs who are in the business to sell memberships and have little emphasis on member participation," Yanakos said.

"We encourage participation and if we were to sell more than 1,400 memberships, that would interrupt the flow of our members through the facility during their workout during peak hours."

## First holistic oral-facial unit locally at AGH

In an attempt to improve treatment for thousands of tri-state area residents with cleft lip and face deformities, Allegheny General Hospital will begin a holistic oral-facial health care center, Jan. 1, 1985. The first of its kind in western Pennsylvania and one of only seven in the nation, this program will combine Allegheny General Hospital's expertise in a number of specialties into an integrated team that will combat a growing problem of facial and dental disorders, the hospital said Tuesday (11).

In 1983, the last year for which figures are available, the National Center for

Facial and oral deformities can impede learning, social adjustment and ultimately employment prospects, said Dr. Guy Catone, director of dentistry at Allegheny General

## We'll take good care of you, Grandma.

