



Employee Risk Reduction Program

We help Managers and Employees...

Understand individual risks

Risk factors for cancer include anything that raises or lowers a person's chance of getting a disease. We can control some factors, not others. Cancer risks include...

- Environmental exposure: past, present and future
- Behavior and lifestyle choices
- Genetics or family history
- Other diseases

Age

An understanding of personal risk factors may motivate people to participate in screening and prevention. www.YourCancerRisk.Harvard.edu provides clear user friendly risk assessment for consumers. Feel free to call a Cancer Resource Coach to help walk you through the process.

Know individual screening guidelines and where to access screenings

These services include counseling to promote healthy behaviors as well as referrals to obtain appropriate screenings including the following...

- PAP for cervical cancer
 - Colonoscopy, sigmoidoscopy and FOBS for colon cancer
 - Mammography and clinical breast exam for breast cancer
- PSA for prostate cancer

Referrals and guidance to enroll in programs that reduce cancer risk factors including:

- Weight and Nutrition Management
 - Smoking Cessation
 - Stress Reduction
 - Reduced Sun Exposure
- Reduced Residential/ Environmental Pollutants

Specific Features Available to Employees...

- 6 week "e-course" with personal fitness assessment and cutting-edge fitness information.
- CCC newsletter and articles on prevention, screening, and personal risk assessment.
- Coaching and information links. Coaching to help those who want to progress and/or information connections appropriate for risk reductions.