Recognition and Awards!!!

There will be recognition and awards for the following categories:

- Quarterly Team Winners
- Overall Middlefield Means Health Days Team Winner
- Team who loses the most % of BMI
- Team who has the most improved Blood Pressure Screening
- Team who has the most improved Blood Glucose screening
- Team who has the most improved Cholesterol Screening

Cant make it to Middlefield Means Health Day and want to participate?

Community Care will be assisting those who are unable to attend. A representative will schedule a time to meet with you one on one to provide the month's topical information and screenings.

University Hospitals will provide on-site screenings should your company want to participate but is not able to get employees to the monthly event.

Please contact 440.632.3540 or lgambosi@middlefieldohio.com to have a representative contact you for scheduling.

2018 Topic Calendar

January -Health Awareness Month

February- Heart Disease Awareness

March- Colon Cancer Awareness

April- Allergy Awareness

May- Stroke Awareness

June—Obesity Awareness

July- Sports Medicine

August- Family Health and Fitness

September- Prostate Cancer Awareness

October- Breast Cancer Awareness

November- Lung Cancer Awareness

December- Stress and Financial Management

All Month's will include:

- Monthly Screenings: Blood Pressure, Cholesterol, Blood Sugar, and BMI Screenings.

- Each month will have an additional screening that relates to the month's topic.

Middlefield Means Health Days

Where Families Grow Healthy

Join the Corporate & Community Health Challenge

2nd Thursday Every Month

11:00 AM—1:00 PM

Middlefield Library

16167 East High Street

Middlefield Means Health Days

Where families grow healthy

Because the health of our community matters, Village of Middlefield in partnership with University Hospitals and Community Care is hosting a monthly Middlefield Means Health Day. Each month, corporate and residential citizens of Middlefield will have an opportunity to receive important education on various health topics, free preventive screenings and tests, one-on-one discussions with health experts, hands-on life-savings training, and much more. This program is free and open to all.

What are the Middlefield Means Health Days?

The Middlefield Means Health Days is a year long competition that takes a team/community approach to building healthier lifestyles. The players on each team strive to be more aware of their personal health and pursue approaches that will help in the betterment of their overall health.

Each Middlefield Means Health Day Team will compete against each other.

- Each team will be made up of employees or residents. Residents or smaller businesses can be put on the Village Team.
- One Employee MUST be Team Captain – this is the contact person for the team

Middlefield Means Health Days is a yearlong monthly program held on the 2nd Thursday of each month at the Middlefield Library.

How are Points Earned?

Earn points throughout the challenge for making healthy choices and improving your screening results. Here's a breakdown of the Middlefield Means Health Days point system:

- Participation at Monthly event 10 points
- % improvement on Team blood pressure screening 1 point for every percent decreased
- % improvement on Team Blood glucose Screenings 1 point for every percent decreased
- % Improvement on Team Body Mass Index (BMI) 1 point for every percent decreased
- % improvement on Team Cholesterol Screenings 1 point for every percent decreased

BONUS POINTS (added at the last month health Day)
- 12 points for completing all 12 months of the program
- 9 points for completing in 9 months of the program
- 6 points for completing in 6 months of the program
- 3 points for completing in 3 months of the program