



ROSEVILLE  
HEALTH & WELLNESS  
CENTER

**Partnering For  
Health & Profit**

*Health & Wellness —  
A Key to Business Success  
in the Twenty-first  
Century*

HEALTH & WELLNESS CENTER  
ROSEVILLE

# ROHI

*There's a New Financial Acronym in the Business Community—ROHI!*

## **It's an Investment Strategy that Works**

**Return On Health Investment (ROHI)** started in the Silicon Valley, where a few of the brightest new thinkers realized that healthy employees were happy employees, and healthy, happy employees were their new firms' greatest assets. Those executives, who would eventually emerge as industry leaders, instinctively knew that, in an age of mirror-image competing technologies, their employees held the key to company success or failure. That awareness led to an exciting new management concept—maximizing return on investment by investing in the whole employee. The investment came in the revolutionary form of Employer-Employee Health Partnering Programs.

*Make sure your employees and their families are physically and mentally healthy and your employees will return the favor in financial spades!*

This was not exactly the backbone of traditional industry thinking at the time. But after watching what happened to Microsoft, Apple, and a few other fast-on-their-feet forward thinkers, a few of the bigger industry players found the concept worthy of a serious second look. What they saw made them decide to buy into their own ROHI in a big way. And it worked for them **BIG TIME!**

Coors Brewing, Union Pacific, General Motors, Northern Gas, Superior Coffee and Foods, Providence General Hospital, Tenneco Inc., Mesa Petroleum, and Steelcase are just a few of the industry leaders who opted to set up health fitness partnering programs with their employees. Their ROHI?

*Three to five times their investment costs* returned in increased productivity, reduced sick time, reductions in on-the-job injuries, workers compensation and health care insurance costs, and employee turnover.

That's a **Return On Health Investment** that makes good business sense for any organization, yours included. ROHI results apply not just to business but to any organization where worker morale, productivity, and cost effectiveness are important. And that's where Roseville Health & Wellness Center can play an important role helping you to make your business or work group more successful. Give us a few minutes and we'll show you how to tailor a cost effective fitness and wellness program to motivate your employees and move your business or service group to the front of the competitive pack.



916.677.1200 [www.rosevillehealthandwellness.com](http://www.rosevillehealthandwellness.com)

## Serving the Business and Local Government Community

### A Comprehensive Health and Wellness Program in a Wholesome Professional Atmosphere

The Roseville Health & Wellness Center is designed specifically to serve corporate and service organization executives and their employees. Our 'Executive Treatment' business values stress that every RHWC member is an executive in our view and deserves professional care that reinforces the highest level of personal health, self-esteem and personal confidence.

Four aspects of our Health and Wellness program distinguish us from traditional fitness centers: our multi-purpose facility, our health screening and wellness programs, available medical services, and our pamper yourself personal services.

### Upscale Facility and a Wholesome Professional Atmosphere

Serious businessmen and women have found the Roseville Health and Wellness Center the most comprehensive and personally comfortable facility in the Sacramento-South Placer area. Upscale in all respects, the health facility is fully equipped with the latest and best equipment to support a complete range of safe, effective and professionally supervised modern health programs. All aspects are designed to provide a professional and wholesome atmosphere suitable for men and women of all ages, shapes and sizes— and for their families as well.

Roseville Health & Wellness Center is backed by the IHRSA Code of Conduct, Membership Pledge and Safety Standards, and was awarded the Healthy City Coalition award by the City of Roseville.

# HEALTH & WELLNESS

*Our Health & Wellness Center offers a full range of programs tailored to specific executive and employee needs, including Yoga, Pilates, fit-ball, cardio kick-boxing, circuit training, professional exercise instruction and many more.*



916.677.1200 [www.rosevillehealthandwellness.com](http://www.rosevillehealthandwellness.com)



# PHYSIOLOGY AND TECHNOLOGY

## **Health Screening and Wellness Programs**

### **Combining Physiology and Technology**

Whether the goal is simple health maintenance, cardiovascular fitness, strength enhancement, therapeutic rehabilitation, or recreational fun for the whole family, all of our supervised wellness programs focus on individual care and personal respect. All aspects of our programs are aimed at achieving lasting health and life-style results. That means programs are designed to match individual needs.

Each new member of the Roseville Health & Wellness Center meets with our health professionals for a pre-placement screening and fitness assessment. This helps identify potential concerns before they become problematic, and ensures that each member is provided with a program specific to their goals. The center can also track employee attendance and program activity and send monthly utilization reports to the employer.

Some of the programs we offer are weight loss, strength and conditioning, personal training, executive wellness packages, cardiac rehabilitation, pre-post natal classes, aquatics, and special programs that offer a holistic approach to total body wellness.

### **Health Seminars**

A full range of health seminars is offered monthly to educate and help motivate employees to live a healthier life-style

### **Pamper Yourself!**

RH&WC members take advantage of pampering opportunities with various types of massage therapy, spa related services, and a café serving healthy food and beverages. Members also appreciate our onsite child-care center where children are cared for while their parents exercise or attend classes.

*The* Roseville Health & Wellness Center is more than a first class fitness and wellness facility. It's a friendly, member oriented community with experienced professionals who extend a warm welcome to see that you're fully supported to succeed in your goals.



## Medical Services

Physical Therapy, Orthopedic Surgery, Internal Medicine, Pediatrics, and Athletic Services are conveniently located within the Health & Wellness Center, offering the opportunity for improved communication with employers and coordination of treatment for work-related injuries.

Not all work related injuries can be prevented. However, the onsite medical tenants at the Wellness Center are very well suited to diagnose and treat injuries. They understand the importance of returning rehabilitated employees back into the workforce safely and expediently.

## Sacramento Spine & Physical Therapy

Located onsite at the Roseville Health & Wellness Center facility, Sacramento Spine & Physical Therapy specializes in individually supervised and independent training programs using state-of-the-art technology and equipment. The clinic specializes in manual therapy and clinical exercise, using a wide range of approaches and specialized equipment. By emphasizing one-on-one appointments providing hands-on care from trained physical therapists, our goal is to achieve total health and recovery for all patients.

Sacramento Spine offers many preventative and educational programs directly to employers that can be performed onsite or at our facility, such as: workplace assessments, safety seminars, back school, and health and fitness screenings.

## Physical Therapy Programs

- **Aquatic Therapy**—programs range from gentle post-operative conditioning to high intensity sport or work training in our full size heated indoor pool.
- **Manual Orthopedic Therapy**—the clinic specializes in leading edge treatment of the spine and extremities.
- **Med-X Equipment**—provides computerized assessment of strength and flexibility and specific exercise for the spine.
- **Weight Management Programs**—an ideal environment for improving body composition through nutritional counseling, aquatic programs and cardiovascular training.
- **Progress Reporting**—the clinic provides bimonthly progress reports to apprise insurance companies and referral sources of program and therapy results.
- **Cardiac Rehab**—safe, progressive and effective exercise/educational program to improve cardiovascular function.
- **Moms in Motion**—designed to prepare women for the physiological changes that occur during pregnancy and the post-partum challenges of motherhood.

In addition to scheduled therapy sessions, patients also have full access to, and are encouraged to use the Wellness Center's 30,000 square feet of gym equipment as recovery progresses. Sacramento Spine can be contacted directly at 916.677.1210.



SACRAMENTO SPINE &  
PHYSICAL THERAPY

916.677.1200 [www.rosevillehealthandwellness.com](http://www.rosevillehealthandwellness.com)

## American Institute of Spinal Surgery

An onsite tenant within the Center, the American Institute of Spinal Surgery is another example of the wealth of related services available within our complex. The Institute provides diagnostic services and surgical and non-surgical treatment of diseases, deformities, injuries and disorders of the spine, including scoliosis. The Institute accepts patients who experience chronic back pain or neurologic deterioration, or who have not responded to more conservative treatment measures after a typical period of four to six weeks.

The Institute's three surgeons, Drs. Pasquale Montesano, Christopher Neubuerger and Philip Orisek are all orthopedic surgeons. Each has completed extensive spine fellowship programs and has years of training and experience in surgical and non-surgical treatment of spine disorders. The doctors have privileges at Mercy General, Mercy San Juan, Mercy Folsom, Sutter General, Sutter Memorial and Sutter Roseville hospitals.

*Back injuries are the number one work related injury costing employers and insurance companies billions of dollars each year. The multifaceted approach developed by the Roseville Health & Wellness Center offers injured employees a variety of medical options, ensuring them the proper treatment plan and an opportunity for a speedy recovery.*



The Roseville Health & Wellness Center's unique "one stop shop" design greatly enhances our ability to meet a specific employer's needs and to plan, implement, and effectively monitor a wide range of wellness programs.

Some of our clients who are already reaping rewards from their ROHI are Granite Bay Golf Club, Kaiser Roseville, Sutter Roseville, Professional Diagnostics Management, Wells Fargo Corporation, and Roseville School District.

Get started today! Call the Roseville Health & Wellness Center, where you'll find everything you need to increase your ROHI.



ROSEVILLE  
HEALTH & WELLNESS  
CENTER

1650 Lead Hill Boulevard,  
Roseville, CA 95661

916.677.1200 • Fax: 916.677.1204  
[www.rosevillehealthandwellness.com](http://www.rosevillehealthandwellness.com)  
[info@rosevillehealth&wellness.com](mailto:info@rosevillehealth&wellness.com)

916.677.1200 [www.rosevillehealthandwellness.com](http://www.rosevillehealthandwellness.com)