

Together, improving the health and well-being of every individual



Our vision is to help individuals stay their healthiest while reducing health care expenses and improving well-being.

With LMH Health, you can have the tools to take your health to the next level. With our services you will have the opportunity to engage in your health and create a healthier lifestyle.

LMH Health has been serving our local community for 100 years. Let us bring wellness to you and continue to build a healthy future for Lawrence.



Option 1:

- Biometric Screenings
- Health & Wellness Coaching

Option 2:

- Biometric Screenings
- Health & Wellness Coaching
- Wellness Portal
- Nutrition Education Videos

\$95

\$180

Biometric Screenings: The Biometric Screening is an opportunity to get a current snapshot of select aspects of your health and to have a baseline with which to set and track health and wellness goals. The screening consists of select blood work including a lipid (cholesterol) panel plus glucose (blood sugar). In addition, height, weight and blood pressure will be measured.

Health & Wellness Coaching: Our health & wellness coach serves to help you make better health choices by providing you with a personalized health action plan, introducing influential health resources and providing accountability and encouragement on progress.

Wellness Portal: The wellness portal delivers a personalized, meaningful and actionable experience for each individual.

Nutrition Education Videos: Our on-demand nutrition education videos cover a variety of topics that pertain to healthy eating and weight management.



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A partner for lifelong health