



Working for Wellness

**HealthFax**

I N C O R P O R A T E D

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website: [www.healthfax.biz](http://www.healthfax.biz)

Frequently asked questions about.....

## **Grip Strength**

**1. What is Grip Strength Testing?**

The Grip Strength measurement has been found to correlate with overall upper body strength. Strong muscles play an important role in helping you to maintain good balance and strength to perform our daily tasks efficiently.

**2. Why is Grip Strength so important?**

Strong muscles mean strong bones. Consistent weight-bearing exercise keeps your bones strong and reduces calcium loss, an important factor in preventing osteoporosis later in life. Abdominal and back extensor muscles give support to your spine. Keeping them strong is important in preventing back pain and for maintaining good posture.

Strength training is an important component of a physical fitness program. Not only can it help your muscles become stronger, but it can also improve tone, appearance, and endurance. This can help increase energy, help you avoid injury, and improve athletic performance.

**3. How will my “grip strength” be tested?**

You will be asked to “Give us your Best” squeeze. Our staff will have you squeeze a hand held Dynamometer (hand grip)... as hard as you can in each hand. Your score will be recorded and added to compare with recommended levels. We even keep score so that we have a fun competition between the guys and the gals — with “Today’s Best” men’s score and “Today’s Best” women’s score — posted on our screening table.

**4. Will the results be provided in a written format?**

Yes, the results will be written on an educational handout. Our staff will also be glad to review your results and answer your basic questions.

**5. Do you need electricity to conduct these tests?**

No — the testing equipment uses batteries.

**6. Do you need to be “inside” to conduct the screening?**

We can conduct this test inside or outside — either way.

**7. How do I order this Test?**

Just let us know if you want one staff (small events), two staff (busy events), three staff (large events)...

**8. Can we have an aggregate report developed from the test results?**

Yes, for those clients who request a report, HealthFax will prepare an “aggregate” report (no names ... please), so that you can see how many of those tested were low risk, medium risk, or high risk. The report is generated in Excel – color pie chart. There is no extra charge for this service --- it’s complimentary.

**9. When time does the HealthFax staff arrive?**

Unless otherwise requested, HealthFax staff will arrive at your event one half hour prior to “start time” They will bring everything that they need to set up for your event – except tables and chairs.

**10. How do we pay for your services?**

HealthFax will send you an electronic invoice after the program. If you prefer a “paper hard copy”, just let us know.

**11. When is the payment due?**

Payment is due in 30 days or less. Special arrangements can be made for large projects.

**12. Can we do a “Split” billing?**

Sure.... Just let us know how much to invoice to each payor with their e-mail address.

**13. Do you accept credit cards for payment?**

Yes, we accept Visa and Mastercard  
Directions to use this method of payment will be provided with the invoice.

**14. Is there a Travel Fee added to the cost of the service?**

Travel Fees may apply to your event location. See [www.healthfax.biz](http://www.healthfax.biz) and go to Territory/Travel for travel fee locations.

*Please don't hesitate to contact us with any additional questions or clarification.*