

# Your Health Matters

Five minutes can change your life. Is your cholesterol in a healthy range? What about your blood pressure? It couldn't be easier to find out. Participate in an on-site health screening – for FREE – and get the results in 3-5 days. Health screenings are private and confidential. Personal health information shared with you only, NOT your employer.

## Why Participate in a Health Screen?

- It's **CONVENIENT** – at your workplace
- It's **FAST** – just 5 minutes
- It's **CONFIDENTIAL** – personal health information is kept private and secure. No individual health information will not be shared with your employer.
- It's **FREE** – screenings are billed through insurance as preventative

## What Can I Expect at a Health Screen?

- Check-in at a registration desk
- An experienced screener will conduct a blood draw and measure height, weight, blood pressure, waist circumference and a mouth swab to screen for nicotine (if applicable).

## What will my Health Screen Include?

- **Blood Chemistry Profile & Complete Blood Count** - 27 Individual tests for cholesterol, glucose, kidney and liver enzymes, plus 18 different tests to detect anemia, infection, and more!
- **PSA screening** for males over age 40
- **A1C screening** for anyone who has previously been diagnosed or treated for diabetes, or whose fasting glucose result is >100
- **Nicotine screening** (if applicable)
- **Blood Pressure Screening**
- **Body Mass Index (BMI)**
- **Waist Circumference**
- 2-page Biometric Screening **Personal Report**