

# Lincoln Land Community College Onsite Wellness Screening Guide





# Get Ready To Get Healthy!

Together, we can make 2015 the start of a healthy new lifestyle. It starts by participating in this year's health and wellness screening.

Sign up for the health & wellness screening today! It's easy, private and rewarding.

## On-site Health & Wellness Screening Tuesday, October 13<sup>th</sup> from 7:00am to 11:30am Robert H. Stephens Room, Menard Hall

### All Benefit-Eligible Employees & Spouses Are Eligible To Participate!

All benefit-eligible employees & spouses are eligible to participate in the health and wellness screening.

**Please Note:** Employees and spouses on the LLCC health insurance plan must bring their insurance card to the screening for verification purposes only.

### There Is No Cost To Participants On The LLCC Plan

LLCC will cover the cost of the basic screening for those participants who are currently enrolled on a LLCC health insurance plan.

### Participants on Other Insurance Plan

Participants not on the LLCC Health Insurance Plan may participate for \$125, paid at the time of screening.

### Go to [www.chcw.com](http://www.chcw.com)

Login with your username/password. If you are new to CHC, click on Register/Login in the top right corner of the screen, when the next screen opens type in program code **2851Lin197**. Or, sign up by phone with a CHC Wellness representative at 866.373.4242.

Each employee that participates in the screening will receive a \$50 VISA gift card. Spouses are not eligible for this incentive.

Flu vaccinations will also be available at no cost for wellness screening participants who are currently enrolled on an LLCC health insurance plan. Non-wellness participants may pay for their flu vaccination with their PPO insurance, or \$25 out of pocket.

## Don't Delay. Sign Up Today!

**THIS IS A FASTING TEST.** For precise results you should fast 10-12 hours before testing. You cannot eat but may have water, black coffee or tea (no cream or sugar). Consult your physician if you are diabetic or hypoglycemic.



## What's included in the Screening?

The annual wellness screening is designed to build awareness and to help identify early warning signs of the following conditions.

THE HEALTH AND WELLNESS PACKAGE		
<b>Anemia, Infections, &amp; Certain Cancers</b>	<b>Heart Disease &amp; Stroke</b>	<b>Kidney Disease</b>
Iron	Cholesterol	BUN/Creatinine Ratio
WBC, RBC, MCV, MCHC, RDW	Percentile Cholesterol	Creatinine
Platelet Count, Hemoglobin, Hematocrit	Triglycerides	Phosphorus
Globulin, Total: Albumin Serum	HDL and LDL	Sodium
A/G Ratio	HDL/Cholesterol-Risk Ratio	Potassium
		Chloride
		Urea Nitrogen
		Carbon Dioxide
<b>Nutritional &amp; Gastrointestinal Disorders</b>	<b>Liver &amp; Gallbladder</b>	<b>Diabetes</b>
Total Protein	Total Direct Bilirubin	Blood Glucose
Albumin	Alkaline and Phosphates	
Uric Acid	AST, ALT, and GGT	
Calcium	Albumin Total Protein	
<b>Blood Pressure Reading:</b>	A blood pressure reading will be taken before your screening.	
<b>Health Risk Appraisal:</b>	The CHC Wellness research-based Health Risk Appraisal (HRA) is a questionnaire that assesses lifestyle choices to you better assess your overall health.	



CHC Wellness can also process other specific tests for your individual health needs. Additional test fees can be paid with check, credit/debit card, or FSA/HSA debit cards at the time of testing.

HEART HEALTH		
<b>Cardio C:</b>	<b>\$39</b>	Identifies inflammation of the arteries. Individuals with personal or family history of heart attack, stroke, sudden cardiac death, and/or peripheral arterial disease should select this test.
<b>NMR:</b>	<b>\$99</b>	The nuclear magnetic resonance (NMR) test utilizes imaging that produces a representation of the lipoproteins found in a simple blood sample. This test goes beyond a cholesterol test by providing the number of LDL particles along with the standard cholesterol information.
<b>Homocysteine:</b>	<b>\$54</b>	Homocysteine is a substance produced by the body to digest protein. The American Heart Association indicates that elevated levels of homocysteine are linked to higher risk of coronary heart disease, stroke, peripheral vascular disease (PVD), and atherosclerosis.
DIABETES DETECTION		
<b>Hemoglobin A1c:</b>	<b>\$34</b>	The Hemoglobin A1c test provides an average of your <u>blood sugar</u> control over the past 2 to 3 months from the date of the test. The higher the A1C level, the higher the risks of developing complications related to diabetes. This blood test is used to diagnosis Type 1 and Type 2 diabetes. (No fasting required).
NUTRITIONAL & VITAMIN		
<b>Vitamin D:</b>	<b>\$40</b>	The Vitamin D test is used to determine if there is bone weakness, bone malfunction, or an abnormal metabolism of calcium occurring as a result of deficiency or excess.
<b>B12 &amp; Folate:</b>	<b>\$42</b>	The B12 and Folate test is ordered to detect deficiencies and to diagnose various anemias. Once the deficiency diagnosis has been made, this test can also be useful to determine the effectiveness of treatment.
DIGESTIVE HEALTH		
<b>Gluten Allergy:</b>	<b>\$29</b>	This test helps to diagnose celiac disease and can also help to evaluate the effectiveness of a gluten-free diet. This condition is characterized by a sensitivity to gluten (found in wheat, barley and rye) that causes inflammation.
<b>H. Pylori:</b>	<b>\$41</b>	This test measures the level of stomach bacteria H. pylori, which is a bacteria that lives in the mucous lining of the stomach. Without treatment, the infection can lead to ulcers.
HORMONE		
<b>Testosterone:</b>	<b>\$42</b>	The Testosterone test measures the amount of the male hormone Androgen. Both men and women can select the Testosterone test if they experiencing a decreased sex drive, infertility, erectile dysfunction in men, testicular tumors, hypothalamus or pituitary disorders, and hirsutism and virilization in women.
<b>TSH (Thyroid):</b>	<b>\$42</b>	TSH is a test to evaluate thyroid function and/or symptoms of a thyroid disorder. An underactive thyroid gland can cause symptoms such as weight gain, tiredness, dry skin, constipation, a feeling of being too cold, or frequent menstrual periods. An overactive thyroid can cause symptoms such as weight loss, rapid heart rate, nervousness, diarrhea, a feeling of being too hot, or irregular menstrual periods. If you have any of these symptoms you should be tested.
CANCER DETECTION		
<b>PSA (Prostate):</b>	<b>\$39</b>	The PSA test measures the blood level of PSA, a protein that is produced by the prostate gland. The higher a man's PSA level, the more likely it is that he has prostate cancer. Until recently, many doctors and professional organizations encouraged yearly PSA screenings for men beginning at age 40. It is now recommended that men who are at higher risk for prostate cancer, including African American men and men whose father or brother had prostate cancer, begin screening between the age of 40 and 45.
BLOOD TYPE		
<b>Blood Type:</b>	<b>\$25</b>	The results of the Blood Type test will determine if a person is type A, B, AB, O and if he or she is RH negative or positive.



## Frequently Asked Questions

We want to be sure your wellness program is enjoyable and rewarding. Below are some common questions participants have had about our program.

### **Is the screening confidential?**

YES. CHC Wellness complies with all current HIPAA requirements, ensuring each individual's confidentiality. Neither your employer nor your insurance carrier receives any information pertaining to your personal tests, and has no access to your personal information without your permission.

### **Is this a fasting test?**

YES. For most precise results, you should fast 10-12 hours before testing. You cannot eat, but may drink black coffee or tea (no cream or sugar). If you are diabetic or hypoglycemic consult your physician for fasting instructions. Be sure to drink plenty of water.

### **Do I have to fill out a Health Risk Appraisal (HRA)?**

YES. CHC Wellness couples their research-based HRA, a questionnaire that incorporates lifestyle choices, with the biometric blood draw results in order to give a big picture of your overall health.

### **Unable to make the onsite screening?**

If you are not able to attend the onsite screening you can register online by going to [www.chcw.com](http://www.chcw.com) with your existing CHC username and password. If you are new to CHC, click on Register/Login in the top right corner of the screen, when the next screen opens type in program code **2851Lin197**. Follow the instructions and enter all required information, at step 4 choose "remote" for your screening appointment. To complete your registration process **print out the two forms that you will need to take to a local LabCorp facility**. You must visit a local LabCorp facility by **October 31<sup>st</sup>**.

**NOTE:** Blood pressure is not taken at LabCorp. If you do not know your blood pressure the system will default to 120/80. Check with your local pharmacy to see if they offer free blood pressure checks.



**What data should I have ready when completing the HRA & screening?**

When completing the HRA online or at the screening you will be asked to submit your height, weight and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure the circumference of your waist which is slightly above your belly button.

**Can I send a copy of my results to my physician?**

YES. If you would like CHC Wellness to send a copy of your lab results to your personal physician please have the doctor's **name** and **address** when you schedule your screening. You can also bring this information to the on-site screening. You can also email your results to your physician at any time on your CHC Wellness portal.

**When will my results be available?**

You will have access to your results and other health information online at [www.chcw.com](http://www.chcw.com) within 3-5 days after your screening. Your personalized health summary will also be mailed directly to your home within 2 weeks unless you decide to Go Green.

**Is this a drug test?**

NO. The voluntary CHC Wellness Health and Wellness Screening is a simple blood draw and blood pressure reading that helps detect early stages of disease and disorders.

Thank you for your participation in this important program.  
**Get Ready To Get Healthy!**