

Lincoln Land
Community College
Wellness
Screening Guide



WELLNESS MATTERS

N Northwest
Comprehensive





Get Ready To Get Healthy!

Together, we can make 2013 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 October 17, 6:30am-11:00am Trutter Center

All Benefit Eligible Employees and their Spouses Are Eligible To Participate!

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

There Is No Cost To You!

Participants on the LLCC Health Insurance plan, LLCC will cover the cost of the basic screening. Participants not on the LLCC Health Insurance Plan may participate for \$115, paid at the time of screening.

Go to www.chcw.com

Login with your username/password. If you are new to CHC, click on the 'First time logging in?' link under the Members Login on the homepage, when the next screen opens type in program code **2223Lin197**. Or, sign up by phone with a CHC Wellness representative at 866.373.4242.

Each wellness screening participant will receive a \$50 VISA gift card. Flu vaccinations will also available at no cost for wellness screening participants.

Non wellness screening 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 Basic Screening?

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

| The Basic Package Health & Wellness | | |
|---|--|-----------------------|
| Anemia, Infections & Certain Cancers | Hear Disease & Stroke | Kidney Disease |
| 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 |
| Nutritional & Gastrointestinal Disorders | Liver & Gallbladder | Diabetes |
| Total Protein | Total Direct Bilirubin | Blood Glucose |
| Albumin | Alkaline and Phosphates | |
| Uric Acid | AST, ALT, and GGT | |
| Calcium | Albumin Total Protein | |
| Blood Pressure Reading: | A blood pressure reading will be taken before your blood is drawn. | |
| Health Risk Appraisal: | The CHC Wellness research-based Health Risk Appraisal (HRA) is a questionnaire that assesses lifestyle choices to help give a bigger picture of your overall health. | |



CHC Wellness can also process other specific tests suited to your particular health need. There are additional fees for these tests, which can be paid with check, credit/debit card, or FSA/HSA debit cards at the time of testing.

| HEART HEALTH | | |
|--------------------------|------|---|
| Cardio C: | \$39 | Identifies inflammation of the arteries. Individuals that are at risk for coronary heart disease or cardiovascular disease should select this test. |
| NMR: | \$99 | The NMR test goes beyond a cholesterol test by providing the number of LDL particles along with the standard cholesterol information. The LDL Particles are what interact with the artery wall causing plaque. The LDL-Particle number is an additional indicator of cardiovascular risk. |
| Homocysteine: | \$54 | 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 | | |
| IntelliTest A1c: | \$45 | The Hemoglobin A1c test provides information about a person's average levels of blood glucose (blood sugar) over the past 2-3 months from the date of the test. Includes 3 tests (1 st test at time of initial screening; test 2 & 3 taken at 4 and 8 months after initial screening). |
| NUTRITIONAL & VITAMIN | | |
| Vitamin D: | \$40 | For individuals that have a family history of bone disease or bone weakness and for women at high risk of Vitamin D deficiency. |
| B12 & Folate: | \$42 | Depression, irritability, confusion, paranoia and tingling sensation in feet are symptoms of a potential imbalance of B12 & Folate levels. One should select this test if experiencing any of these symptoms. |
| DIGESTIVE HEALTH | | |
| Gluten Allergy: | \$29 | Determines gluten specific allergy. If suffering from chronic diarrhea, abdominal pain or weight loss you may be having an allergic reaction to gluten, which can be found in grains of the many foods we consume. Before being tested, one should continue to eat a diet that includes foods with gluten for accurate results. |
| Ulcer Gastritis: | \$41 | If experiencing stomach pain or have a family history of stomach ulcers you should have this test performed. The levels of the stomach bacteria H. pylori are measured in this test and are known to cause stomach ulcers. |
| HORMONE | | |
| Testosterone: | \$42 | Measures the amount of the male hormone Androgen. Both men and women should select this test to determine potential infertility and/or decreased sex drive. |
| TSH (Thyroid): | \$42 | Analyzes the levels of the Thyroid Stimulating Hormone and is often the test of choice for evaluating thyroid function and/or disorders. Thyroid disorder can cause many symptoms including, but not limited to weight loss/gain, anxiety, fatigue, hair loss, dry skin and difficulty sleeping. |
| CANCER DETECTION | | |
| PSA (Prostate): | \$39 | Measures levels of the prostate specific antigen for early detection of prostate cancer. Men who are older than 50 should have this done annually (start at age 40 if family history or if African American). |
| BLOOD TYPE | | |
| Blood Type: | \$25 | Determines your ABO blood type and Rh type. If you plan on donating blood or require a blood transfusion this test is required. Pregnant women should be tested to determine the risk of Rh incompatibility between mother and fetus. |



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.

What if I am 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 with your existing CHC username and password. If you are new to CHC click on the 'First time logging in?' link under the Members Login on the homepage, enter in program code **2223Lin197**. 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 **November 1st**.

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.

Is the screening confidential?

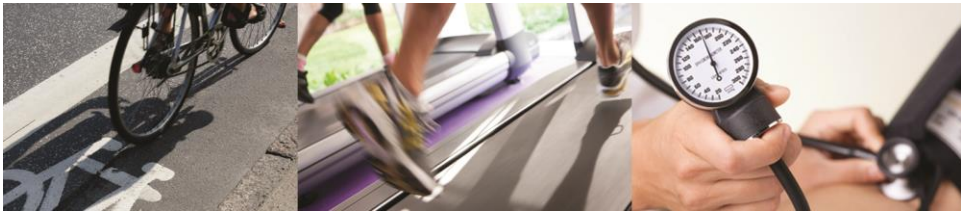
YES. CHC Wellness complies with all current HIPAA requirements, ensuring each individual's confidentiality. Neither your employer nor your insurance carrier receives any information pertaining to your personal tests, and has no access to your personal information without your permission.

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.

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 forward 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 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 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.

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.

If you have any additional questions please contact CHC Wellness at 866.373.4242.

Thank you for your participation in this important program.
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