

HEALTHY LIVING STARTS WITH A SINGLE STEP



Onsite Screening Guide

CHC Wellness 5440 N Cumberland Ave Suite 225 Chicago, IL 60656



MOVE
FORWARD
WITH YOUR
HEALTH
AND TAKE
PART IN AN
ONSITE
SCREENING

Onsite Wellness Screenings and Flu Shots
Tuesday, October 11th
7:00am – 11:30am
Trutter Center

All benefit-eligible employees and 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.***

LLCC will cover the cost of the basic screening for those participants who are currently enrolled on a LLCC health insurance plan. Participants not on the LLCC Health Insurance Plan may participate for \$125, paid at the time of screening.

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.



EASY
SIGN-UP
GETS RESULTS
QUICKER
AND YOUR
HEALTH
ON TRACK
FASTER

1

Go to www.chcw.com and login with your username/password. If you are new to CHC, click on Register/Login in the top right corner of the screen

2

When the next screen opens, type in program code **3185Lin197**. Follow the prompts to complete your registration and Health Risk Assessment!

3

You may also sign up by phone with a CHC Wellness representative at 866.373.4242.

DON'T FORGET!

This is a fasting test! For precise results, please 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.

Flu Shots: Once you have completed the registration process, click on 'My Dashboard' to return to the home screen. Click in the 'Flu Shot' box to register for your flu shot and make your appointment time!

OUR 37 PANEL BLOOD TEST GIVES A COMPLETE SCOPE OF YOUR WELLBEING



Anemia, Infections, & Certain Cancers

Iron
WBC, RBC, MCV, MCHC, RDW
Platelet Count, Hemoglobin,
Hematocrit
Globulin, Total:
Albumin Serum
A/G Ratio



Heart Disease & Stroke

Cholesterol
Percentile Cholesterol
Triglycerides
HDL and LDL
HDL/Cholesterol-Risk Ratio



Kidney Disease

BUN/Creatinine Ratio
Creatinine
Phosphorus
Sodium
Potassium
Chloride
Urea Nitrogen
Carbon Dioxide



Nutritional & Gastrointestinal Disorders

Total Protein
Albumin
Uric Acid
Calcium



Liver & Gallbladder

Total Direct Bilirubin
Alkaline and Phosphates
AST, ALT, and GGT
Albumin Total Protein



Diabetes

Blood Glucose



Blood Pressure Reading
taken before your
screening



The CHC Wellness
research-based **Health Risk
Appraisal (HRA)** is a
questionnaire that assesses
lifestyle choices to better
evaluate your overall health



ADDITIONAL
TESTS
LET YOU
GO
FARTHER
WITH YOUR
HEALTH
JOURNEY

Additional test fees can be paid with check, credit/debit card, or FSA/HAS debit cards at the time of onsite screening. Remote screenings require payment to be made online in advance.

Heart Health

Cardio C: 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.	\$39 99
Nuclear Magnetic Resonance (NMR): 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.	\$99 999
Homocysteine: 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.	\$54 99

Diabetes Detection

Hemoglobin A1C: provides an average of your blood sugar 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).	\$34 99
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Nutritional & Vitamin

Vitamin D: used to determine if there is bone weakness, bone malfunction, or an abnormal metabolism of calcium occurring as a result of deficiency or excess. \$40

B12 & Folate: 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. \$42

Digestive Health

Gluten Allergy: used to determine if there is bone weakness, bone malfunction, or an abnormal metabolism of calcium occurring as a result of deficiency or excess. \$29

H. Pylori: 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. \$41

Hormone

Testosterone: measures the amount of the male hormone Androgen. Both men and women can select the Testosterone test if they are experiencing a decreased sex drive, infertility, erectile dysfunction in men, testicular tumors, hypothalamus or pituitary disorders, and hirsutism and virilization in women. \$42

TSH (Thyroid): evaluates 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. \$42

Cancer Detection

PSA (Prostate): 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. \$39

Blood Type

Blood Type: determines if a person is type A, B, AB, O and if he or she is RH negative or positive. \$25



OUR
SCREENINGS
ARE SIMPLE,
SAFE AND
CONFIDENTIAL
—ONLY YOU
KNOW YOUR
RESULTS

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 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 **3185Lin197**. Follow the instructions and enter all required information. At step 4 choose "remote" for your screening appointment. Instead of visiting a LabCorp facility, please have your personal Physician fax your bloodwork to 847-437-2775 by **October 31st**.

NOTE: If you do not know your blood pressure the system will default to 120/80.

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 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.

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

