



WELLNESS MATTERS

BEYOND WELLNESS TO TRUE POTENTIAL



Onsite Wellbeing Assessment & Flu Vaccination Guide



866.373.4242



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MOVE
FORWARD WITH
YOUR HEALTH
AND TAKE PART
IN A WELLBEING
ASSESSMENT &
FLU
VACCINATION

LLCC's Onsite Screening & Flu Shot Event
Tuesday, October 17
7:00am – 11:30am
Trutter Center

LLCC wants to help you move forward with your health goals in 2017, and that journey starts with a voluntary, private and easy wellbeing assessment and flu shot!

All benefit-eligible employees and spouses are encouraged to participate in the wellbeing assessment and flu shot. For those who are currently enrolled on a LLCC Health Insurance Plan, **there is no out-of-pocket cost to you!** Please Note: Employees and spouses on the LLCC Health Insurance plan must bring their insurance card to the screening for verification purposes only.

Participants not on the LLCC Health Insurance Plan may pay \$125 for their screening and \$25 for the flu shot. Cash is not accepted onsite.

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



1

Go to www.chcw.com and click on 'Member Login.'

2

If you've screened with CHC Wellbeing before, enter in your username and password in the 'Individual' box. Once you have logged in, enter in program code **3477Lin197** to join the new program, and then click on 'Schedule Your Screening' to start registration.

3

If this is your first time screening with CHC Wellbeing, enter in program code **3477Lin197** in the 'New Participants' box. Follow the prompts to complete your registration and Health & Lifestyle Survey. Please call **866.373.4242** if you need help or to sign up by phone with a CHC representative. **NOTE:** if you clicked on "Sign Up For a Flu Shot & Wellness Screening," you must still follow the directions below in order to sign up for a flu shot after your screening registration is complete.

FLU SHOT

After signing up for the screening, go back to your portal dashboard and click on the link to register for the flu shot. If you do not want to participate in the screening and only want to receive a flu shot, you can sign up by simply clicking on the flu shot link only.

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). If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic.

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
MCH



Heart Disease & Stroke

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



Kidney Disease

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



**Nutritional &
Gastrointestinal
Disorders**

Total Protein
Albumin
Uric Acid



Liver & Gallbladder

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



Diabetes

Blood Glucose



**Blood Pressure
Reading**

taken before your
screening



The CHC Wellbeing
research-based **Health &
Lifestyle Survey** is a
questionnaire that assesses
lifestyle choices to better
evaluate your overall
wellbeing



ADDITIONAL TESTS LET YOU GO FARTHER WITH YOUR HEALTH JOURNEY

Additional test fees can be paid with check, credit/debit card, or FSA/HSA 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**

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**

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**

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**

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: 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. **\$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 gland function. 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. This test will provide you with a Thyroid Stimulating Hormone result, T3 and Free T4 are not included. **\$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**



WELLBEING ASSESSMENT FAQ

Is the wellbeing assessment confidential?

YES. CHC Wellbeing 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 on prescription medication, please take your medication as instructed by your physician. 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 & Lifestyle Survey?

YES. CHC Wellbeing couples their research-based Health & Lifestyle Survey, a questionnaire that incorporates lifestyle choices with the 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 'Member Login' in the top right corner of the screen, when the next screen opens type in program code **3477Lin197**. Follow the instructions and enter all required information. Instead of visiting a LabCorp facility, please have your personal Physician fax your bloodwork to 847-437-2775 by **October 31, 2017**.

NOTE: If a blood pressure measurement is not entered, you will not receive points for the blood pressure section of the biometric score and will be marked as high risk.

What data should I have ready when completing the wellbeing assessment?

When completing the Health & Lifestyle Survey 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 Wellbeing 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 onsite screening. You can also email your results to your physician at any time on your CHC Wellbeing 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. We at CHC Wellbeing pride ourselves on being a green company, and so we're pleased to provide convenient online access to your results on our member portal. If you prefer a printed copy, please check the box to request your report by mail when you register for your screening.

Is this a drug test?

NO. The voluntary wellbeing assessment is a simple blood draw, blood pressure reading and questionnaire that helps detect early stages of disease and disorders.

FLU SHOT FAQ

Why Get Vaccinated?

The flu vaccination can keep you from getting sick from the flu. This in turn reduces doctors' visits, missed work and school, as well as flu-related hospitalizations. Protecting yourself also protects those around you who are more vulnerable to flu illness, such as older adults, those with chronic conditions and children.

How Effective is a Flu Shot?

A flu vaccine is one of the most effective ways of avoiding the flu. A recent study shows that a flu vaccination is associated with a 71% reduction of flu-related hospitalization for adults of all ages. It takes two weeks for protection to develop after the vaccination, and the protection lasts for several months to a year. The flu vaccination cannot protect against all cases, however it is the best defense.

What Viruses Does this Year's Vaccine Protect Against?

Flu vaccines protect against the three or four viruses that research suggests will be most common. For 2017-2018, three-component (trivalent) vaccines contain:

- an A/Michigan/45/2015 (H1N1)pdm09-like virus
- an A/Hong Kong/4801/2014 (H3N2)-like virus
- a B/Brisbane/60/2008-like (B/Victoria lineage) virus

Four-component (quadrivalent) vaccines protect against the same strains as trivalent vaccines, as well as a B/Phuket/3073/2013-like (B/Yamagata lineage) virus.

Can I Get the Flu from the Vaccine?

The flu shot contains inactivated flu virus that cannot cause illness.

How Old Do I Need to Be for a Flu Shot?

18 years or older.

Are There Symptoms Related to Getting a Flu Shot?

Influenza symptoms may include: soreness, swelling at the injection location, fever (low-grade), body aches, fatigue, itching, and nausea. Keep in mind that these symptoms are very mild and short-lasting in comparison to the major symptoms of the flu.

What are the Risks Associated with Getting a Flu Shot?

Signs of serious allergic reaction are more likely to occur among those with severe allergies to egg.

What Should I Do if There is a Serious Reaction?

Call 9-1-1 and get to the nearest hospital. If the reaction seems minor and there is still heightened concern, call your doctor.

Talk to your health care provider about the vaccine if you have:

- History of severe reaction to a flu vaccine
- A severe allergy to chicken eggs
- A moderate-to-severe illness with a fever
- History of Guillain-Barre Syndrome (GBS)
- Pregnant women should consult their obstetrician with any questions prior to receiving a flu shot

How Should I Prepare?

The vaccination site will be located on the upper part of the arm. Wearing loose clothing can help for easy access to the injection site.

For more information please visit the CDC website at www.cdc.gov/flu. You will also find the Vaccine Information Sheet (VIS), which explains the risks and benefits of influenza immunizations, on the CDC website.

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