

## Components

### Identify Early Warning Signs of:

- |                     |                     |
|---------------------|---------------------|
| Cancer              | Diabetes            |
| Heart Disease       | Anemia              |
| Liver Abnormalities | Kidney Disease      |
| Metabolic Syndrome  | Nutrition Disorders |



### Health Power Assessment (HPA)

A health risk assessment that is revolutionary in design, research basis, data capture options, reports and flexibility.

- Completed at time of health screening via laptop or iPad.
- Easy to complete – takes about 5-7 minutes
- Based on leading cost avoidance research (H.E.R.O. & U of M)
- English and Spanish versions available
- Used by over 100,000 participants.

### Personal Health Profile Report

Delivered confidentially to participant's home address.

- Focus on success regarding controllable risk and efforts in germ resistance, resilience, weight control, prevention of injuries, heart disease and cancer.
- Scientifically designed to accelerate personal improvements in health and use of related support resources.
- Health Information Web Support. View Results Online!

#### Biometrics

- Blood Pressure
- Resting Pulse
- Height
- Weight
- Body Mass Index (BMI)
- Body Fat Percentage (events >20 ppts)
- Waist & Hip Circumference
- Hip to Waist Ratio

#### Blood Chemistry (blood draw)

1. Total / HDL Ratio - Heart
2. HDL – Good Cholesterol - Heart
3. LDL – Bad Cholesterol - Heart
4. Total / HDL Ratio - Heart
5. LDL / HDL Ratio - Heart
6. Triglycerides - Heart
7. Glucose - Diabetes
8. Hemoglobin A1c - Diabetes
9. Bilirubin - Liver

10. Alkaline Phosphatase - Liver

11. SGOT - Liver

12. SGPT - Liver

13. GAMMA GTP – Liver

14. Albumin - Nutrition

15. Total Protein - Nutrition

16. BUN - Kidney

17. Creatinine- Kidney

18. Globulin – Kidney

19. ALB/GLO Ratio - Liver, Kidney, Nutrition

20. Glomerular Filtration Rate - Kidney, Diabetes

21. White Blood Cell Count – Infection

22. Red Blood Cell Count – Oxygen Capacity

23. Hemoglobin – Anemia

24. Hematocrit – Anemia

25. MCH – Proper Cell Size/Anemia

26. MCHC - Proper Cell Size/Anemia

27. RDW - Red Cell Distribution Width

28. MCV - Proper Cell Count and Size

29. Platelet Count - Clotting Ability/Cancers