



Explanation of Biometric Health Screenings



LIPID PANEL

The Lipid Panel consists of: Total Cholesterol, HDL (good) Cholesterol, LDL (bad) Cholesterol, Triglycerides, TC/HDL Ratio. **An 8-hour fast is preferred. Black coffee, tea, and water are fine to drink.**



THYROID SCREENING (TSH)

The Thyroid Screening measures the Thyroid Stimulating Hormone for hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid). It is important to test your TSH value every 6-12 months if you are taking thyroid medication. No fasting is necessary.



PROSTATE SCREENING (PSA)

The Prostate Screening measures the Prostate Specific Antigen (PSA) and is one of the best screening tests for the early detection of prostate cancer and other prostate problems. No fasting is necessary.



DIABETES (HEMOGLOBIN A1c)

The A1c test calculates your average blood sugar for the past 2-3 months. It allows you to see if you are controlling your blood sugar levels. This is possible because sugar attaches to the hemoglobin in your blood, where it is attached there for the life of the red blood cell – about 3-4 months. No fasting is necessary.



COMPLETE BLOOD COUNT (CBC)

The Complete Blood Count (CBC) is used as a broad screening test to check for disorders such as anemia, infection, and many other diseases. It is a panel of tests that examines different parts of the blood. **An 8-hour fast is preferred. Black coffee, tea, and water are fine to drink.**



COMPREHENSIVE METABOLIC PANEL (CMP)

The Comprehensive Metabolic Panel (CMP) is a frequently ordered panel of tests that provides important information about the current status of your kidneys, blood sugar (glucose), and electrolyte and acid/base balance.



BODY MASS INDEX (BMI)

BMI is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.



INFLUENZA VACCINATION

We offer on-site flu shot clinics beginning mid-September through January. Other vaccines available upon request.



WELLNESS VISIT (H&P)

A nurse practitioner will take detailed medical and family history, BMI, blood pressure, check lymph nodes, eyes, ears, heart, and lungs. DOT (Department of Transportation) physicals also available upon request.



CORPORATE AGGREGATE DATA REPORT

A report designed to educate companies on health conditions that are problematic within their work force.



*HEALTH RISK ASSESSMENT (HRA)

An on-line, user-friendly, personal health assessment that provides employees with the information they need to monitor and improve their health status. HRA gathers a variety of other important biometric information that is essential in helping you develop programs that bring about change.



*WELLNESS PROMOTION & CORPORATE CONSULTING

We will help companies plan an effective health and wellness program based on the contents of the aggregate report.



*PERSONALIZED WELLNESS CONSULTATION

Our health care provider will provide private counseling on lab results and recommend lifestyle changes.

***Not Covered by Insurance**