



# Be WELL

## CONFIDENTIAL WELLNESS SCREENING

- Lipid/Chemistry Profile & Complete Blood Count (CBC)
- Online Health Power Assessment (HPA)— **REQUIRED**
- Blood Pressure Screening
- Height, Weight & BMI Assessment

<b>DATE</b>	Wednesday, April 26
<b>TIME</b>	Beginning at 6AM
<b>LOCATION</b>	Police Station Community Room - 9451 W. Belmont Ave

### COST

The wellness screening is free for all employees and spouses who are covered on the insurance plan, retirees and spouses on the plan, and full time employees who waive the insurance.

### INCENTIVE

All participants will receive a \$25 gas gift card and will be entered into a raffle for a chance to win gift cards and Cubs tickets!

### REGISTRATION

Go to [www.myhmihealth.com](http://www.myhmihealth.com)

**Returning Users:** We have updated our website and you will need to reregister. Please click “Register Account” and complete all required fields.

**New Users:** Please click “Register Account” and complete all required fields. Your site code is **VOFP**.

### OFFSITE SCREENING OPTION

If you are unable to attend an onsite screening, you can go to a local lab.

Please click the “Unable to attend onsite screening date” link under the “Schedule Appointments” tab for the necessary paperwork. This can be found on the registration website (*see above*).

**The deadline to go to the lab is April 28th.**

### IMPORTANT INFORMATION

**Please fast 8-10 hours prior to screening.**

**It is strongly recommended to drink at least 8oz of water prior to screening.**

## CONFIDENTIAL WELLNESS SCREENING DETAILS

### LIPID/CHEMISTRY PROFILE

#### Coronary

##### Heart Disease

- Total Cholesterol
- High Density Lipoprotein (HDL)
- Low Density Lipoprotein (LDL) by Calculation
- Total Cholesterol/HDL Cholesterol Ratio
- Triglycerides

#### Kidney Function

- Glucose  
*Diabetes*
- Sodium
- Potassium
- Chloride
- BUN
- Creatinine
- BUN/Creatinine
- Uric Acid  
*Metabolic Function*
- Calcium  
*Bone Metabolism*

#### Infection/Nutrition

- Total Protein
- Albumin
- Globulin
- A/G Ratio

#### Liver Function

- Bilirubin Total & Indirect
- Alkaline Phosphatase
- ALT
- AST
- GGT
- Iron

### COMPLETE BLOOD COUNT (CBC)

A series of tests checking for Anemia, Infections, & Certain Cancers: White Blood Cells, Red Blood Cells, MCV, MCH, MCHC, RDW, Hemoglobin, Hematocrit, & Platelet Count/Differential.

### ADDITIONAL SCREENINGS

Screenings listed below are available for self-pay. All costs are listed below.

- Prostate Specific Antigen (PSA) - \$43
- Thyroid Profile - \$30
- Vitamin D Total - \$30
- Hemoglobin A1C - \$35
- Colocare - \$6

### FREQUENTLY ASKED QUESTIONS

- Why should I participate? Early detection is one of your best front line defenses to treat most problems earlier and with greater success - improving healing and recovery, and minimizing avoidable complications and costs. Your early detection efforts can also help you measure your current health, and identify controllable risks and ways to improve your health.
- Is the screening confidential? YES. HMI complies with all current HIPAA requirements, ensuring each individual's confidentiality. Your employer does not receive any information pertaining to your personal tests and has no access to your personal information.
- How will I receive my results? You will have access to your results at [myhmihealth.com](http://myhmihealth.com) within 3-5 days after the screening. You will also receive a results packet in the mail within 2 weeks of the screening.