

VILLAGE OF FRANKLIN PARK



The HMI **Wellness** Screening **Program**

Thoughtfully designed to help you take control of your health!



Stay Healthy!

TAKE A POSITIVE STEP. YOUR HEALTH IS WORTH IT!

Empowerment:

Understanding your health is the first step toward being healthy. Take that step!

We provide you the information and guidance you need to empower yourself when you participate in the screening services. We give you valuable insight into your health. Improving and maintaining your health can start today. You can be in control of a healthy future.

SCREENING PROGRAM OVERVIEW

Basic Screening Package Includes:

- A comprehensive, **confidential**, 37-component blood chemistry profile and educational report.
- Blood Pressure Screening
- Height, Weight & BMI Assessment
- **Required** Health Power Assessment (HPA) - An online assessment tool that evaluates your lifestyle as well as your current health status. This innovative tool calculates your health risk and suggests ways to make improvements.
- Results are confidentially and securely available online at www.myhmihealth.com within 3-5 business days of your screening. You can view your results from any computer or smart phone 24 hours a day. You can also elect to receive a copy of your results to be mailed within 3 weeks.
- You have one year unlimited access to accredited online self care tools and resources utilized by millions of people to empower their healthy way of life.



PROGRAM DETAILS

Through the HMI Comprehensive Panel C, you will have the power to make wise choices and work towards preventing serious illness.

The HMI Panel C can detect:

- Heart Disease
- Diabetes
- Anemia, Infections, & Certain Cancers
- Kidney Disease
- Liver & Gallbladder Abnormalities
- Thyroid Disease
- Gastrointestinal Disorders
- Nutritional Disorders

HEART DISEASE & DIABETES	COMPLETE BLOOD COUNT	KIDNEY, LIVER & THYROID	NUTRITION
Glucose	Red Blood Cells	BUN & Creatinine	Albumin & Globulin
Total Cholesterol	White Blood Cells	Potassium	Total Protein
HDL (Good Cholesterol)	Hemoglobin	Sodium & Chloride	Uric Acid <i>Metabolic Metabolism</i>
LDL (Bad Cholesterol)	Hematocrit	T4 (Thyroid)	Calcium <i>Bone Metabolism</i>
Cholesterol Ratio	Platelet Count & Differential	Alkaline Phosphatase	A/G Ratio
Triglycerides	Red Blood Cell Distribution	Total Bilirubin	Iron
	MCH, MCHC, MCV	ALT, AST, GGT & LD	Magnesium

WHO CAN PARTICIPATE	SCREENING
Employees and spouses covered on the insurance plan, retirees and spouses covered on the insurance plan and full-time employees who waive the insurance.	No cost to you, covered by Village of Franklin Park

INCENTIVE: All participants will receive a \$25 gas gift card!

Frequently Asked Questions?

- **How do I receive my results?** You will have access to your secure results at **myhmihealth.com** within 3-5 business days after the screening. You can also elect to receive a results packet in the mail within 3 weeks of the screening.
- **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 health information.

SCREENING LOCATION & DATE

Friday, April 12, 2019

6:00 am - 9:30 am

Police Station Community Room

9451 W. Belmont Ave

SIGN UP TODAY!

WWW.MYHMIHEALTH.COM

Returning Users

If you have already created an online account for a previous wellness screening, please login with the same username and password you created.

New Users

Please click "Register Account" and complete all required fields.

Your site code is: **VOFP**

ALTERNATE SCREENING OPTION

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

Please click the link to "complete the screening at an offsite local lab" under the "Schedule Appointments" tab for the necessary paperwork. Register at myhmihealth.com.

REGISTRATION deadline to submit your paperwork is 04/15/19.

SCREENING deadline to go to the lab is 04/17/19.

REMINDERS

- **FAST** 8 hours and it is strongly recommended to drink 2 glasses of water 1-2 hours before your screening.
- Registration for this event will close at NOON the day before your event.
 - If you miss registration, walk-ins are welcome, but wait times may vary.

PH: 847-635-6580

FAX: 312-858-6330

EMAIL: SUPPORT@HMIHEALTH.COM

A FRESH APPROACH TO A HEALTHY LIFE

Employers who partner with HMI have great stories to tell. Stories of employees or family members for whom the HMI Screening Program was a life-changing, even life-saving, experience.

- The screenings listed below are available for self-pay.
- Test fees are collected at the event by cash, credit card or check payable to Empower Health Services.

PSA (Prostate Specific Antigen) ●

\$43

Screening the benign or cancerous growth of the prostate in men. As prostate cancer is the most common cancer among men, the American Cancer Society recommends this test as part of an annual prostate screening for men age 50 or over. However, baseline testing is appropriate for men of any age especially those with family history of prostate cancer.

Advanced Thyroid Profile ● ●

\$30

Determines thyroid function, including TSH and the Free T4, which is recommended by the American College of Endocrinologists. Thyroid dysfunction can cause unexplained weight loss or gain, fatigue, insomnia and various other symptoms.

Vitamin D Total ● ● ● ●

\$30

Measures the level of vitamin D circulating in the blood. Low vitamin D levels have been linked to several cancers, heart disease, stroke, diabetes, depression, weight gain and an increased susceptibility to colds and flu. Although it is rare, taking too much vitamin D can lead to serious health problems including kidney failure.

Hemoglobin A1c ●

\$35

Determines average blood sugar levels over the period of 90 to 120 days prior to the test. The American Diabetes Association recommends this test be performed four times a year on those who take insulin. Fasting for at least 8 hours is recommended but is not required.

Colocare ● ●

\$6

A TAKE HOME SELF TEST to detect hidden blood in the stool. Colo-rectal cancer is the third most commonly diagnosed cancer in both men and women.

COLOR GUIDE: ● DIABETES

● HEART HEALTH

● MEN'S HEALTH

● WOMEN'S HEALTH