



# ONSITE HEALTH & WELLNESS SCREENING



## Wellness Begins with Awareness.

The CHC Wellness screening is done once a year, around February and takes place at all SCH locations. The screening is designed to help build awareness and to help identify early warning signs of disease. It is a great opportunity for all insured employees and their spouses, to have a blood screening done at their place of work and no co-payment. It is convenient since you do not have to worry about making appointments and scheduling them around work hours. Results are ready within 3-5 days and totally confidential. Getting an annual screening is an important part of remaining aware of your own health in order to prevent illness and disease.

## What's included in the basic screening?

The Basic Health & Wellness Package		
Anemia, Infections & Certain Cancers	Heart Disease & Stroke	Kidney Disease
Iron	Cholesterol	BUN/Creatinine Ratio
WBC, RBC, MCV, MCH, MCHC, RDW	Percentile Cholesterol	Creatinine
Platelet Count , Hemoglobin, Hematocrit	Triglycerides	Phosphorus
Globulin, Total; Albumin Serum	HDL and LDL	Sodium
A/G Ratio	HDL/Cholesterol-Risk Ratio	Potassium
		Chloride
		Urea Nitrogen
		Carbon Dioxide
Nutritional & Gastrointestinal Disorders	Liver & Gallbladder Abnormalities	Diabetes
Total Protein	Total and Direct Bilirubin	Blood Glucose
Albumin	Alkaline Phosphates	
Uric Acid	AST, ALT and GGT	
Calcium	Albumin Total Protein	
<b>Blood Pressure Reading:</b>	A blood pressure reading will be taken before your blood is drawn.	
<b>Health Risk Appraisal:</b>	The CHC Wellness research-based Health Risk Appraisal (HRA) is a questionnaire that assesses lifestyle choices to help give a bigger picture of your overall health.	