



EXPLANATION OF HEALTH SCREENINGS

Lab Panel

•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. PSA screening is performed on all men 40 years and older (unless medically necessary) and is only a blood test. 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. No fasting is necessary.

•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. **An 8-hour fast is preferred. Black coffee, tea and water are fine to drink.**

Additional Services: Preventative Health also offers the following programs but they are not covered by insurance;

- Wellness Promotion & Corporate Consulting: We will help companies plan an effective health and wellness program based on the contents of the aggregate report.
- Coordination of incentive-based wellness programs through prayers and employee-based programs.
- Employer-based clinical services

Vitals

•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.

- Height
- Pulse
- Weight
- Oxygen Saturation

•Blood Pressure (BP)

A blood pressure test measures the pressure in your arteries as your heart pumps. This test is used to determine if you have prehypertension, high blood pressure (hypertension) or low blood pressure (hypotension).

•Waste Circumference (if indicated)

•Body Fat % (if indicated)

Influenza Vaccination

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

Personalized Preventative Counseling

Participants of our health screenings will have the opportunity to engage in one-on-one counseling with one of our medical providers. This includes a thorough review of personal health history, family health history, and lifestyle factors in order to evaluate personal risk factors for preventable chronic illness. Participants will receive personalized education for the prevention of diabetes, hypertension, heart disease, cancers, and other illnesses. We will also cover age and gender specific routine screenings and immunization guidelines. Participants will have the opportunity to ask questions and receive individualized education. The provider will order a comprehensive screening laboratory panel and review these labs with consideration of personal risk factors. Our goal is to promote health and help our participants to set attainable and sustainable goals that improve health.

Lab Result Review

All lab results are reviewed by our Medical Director/Nurse Practitioner prior to being sent to participants. Included in the lab results are educational materials and follow up recommendations.

For more information visit: PreventativeHealthScreenings.com

Or give us a call at (208) 853-2273.