

Health Screenings

Screenings are designed to provide you with personal health information that helps you make informed decisions about adopting healthy lifestyle habits.

What does a Health Screening include?

Fasting Lab Tests

Eight hours of fasting is required – no food or beverage intake except water. Take all medications as usual. A trained technician draws blood for analysis. Fasting lab test results typically include Lipid Panel (total cholesterol, HDL, LDL, triglycerides). Glucose or A1c testing will also be offered, as recommended by the American Diabetes Association.

Health Measures

Measurement components include blood pressure, weight, body mass index (BMI) calculation, waist circumference, body fat percentage.

Routine Testing of Blood Sugar for People with Diabetes

Fasting is not required. A1c finger stick blood test monitors the blood sugar levels in people who have already been diagnosed with diabetes. This test is NOT for the screening or diagnosis of diabetes.

Mammography

A mammogram is an x-ray picture of the breast. Screening mammograms are used to check for breast cancer in women who have no signs or symptoms of the disease. Diagnostic mammograms are used to check for breast cancer after a lump or other sign or symptom of the disease has been found. Screening mammography can help reduce the number of deaths from breast cancer among women ages 40-74. Finding breast cancer early can improve the chances that breast cancer can be treated successfully and with more treatment options, less extensive surgery, and ultimately, better treatment outcomes.

Colorectal Cancer Screening Assessment

Fecal Immunochemical Test (FIT) is a simple at-home test that checks for blood in the stool. Participants will collect a small stool sample and return the test to their provider or lab for processing. This annual test is available for employees 50-75 years of age who are assessed at average risk for colorectal cancer. Screening tests also can detect early stage colorectal cancer, increasing the probability for cure. When it is found early, the chance of being cured is high.

Source: American Cancer Society, www.cancer.org

Preventive Healthcare Guidelines for Healthy Adults

Lipid/cholesterol levels screening- at least every 5 years for men ages 35 and older and women ages 45 and older

Height, weight and BMI at every medical office visit

Blood pressure at least every 2 years

Colorectal Cancer Screening (CRC) testing for blood in stool every year for everyone age 50-75

Mammogram every 1-2 years for women ages 40 and older



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