

Health Screening Components

IDENTIFY EARLY WARNING SIGNS OF:

- | | |
|---------------------|---------------------|
| CANCER | DIABETES |
| HEART DISEASE | ANEMIA |
| LIVER ABNORMALITIES | KIDNEY DISEASE |
| METABOLIC SYNDROME | NUTRITION DISORDERS |

Health Questionnaire

A health risk assessment that is revolutionary in design, research basis, data capture options, reports and flexibility.

- Completed at time of health screening via laptop or iPad.
- Easy to complete – takes about 5-7 minutes
- Based on leading cost avoidance research (H.E.R.O. & U of M)
- English and Spanish versions available
- Used by over 100,000 participants.

Personal Health Profile Report

Delivered confidentially to participants home address.

- Focus on success regarding controllable risk and efforts in germ resistance, resilience, weight control, prevention of injuries, heart disease and cancer.
- Scientifically designed to accelerate personal improvements in health and use of related support resources.
- Health Information Web Support. View Results Online!



Biometrics

- Blood Pressure
- Resting Pulse
- Height / Weight
- Body Mass Index (BMI)
- Body Fat Percentage (events >20 ppts)
- Waist & Hip Circumference
- Hip to Waist Ratio

Blood Chemistry (blood draw)

- | | |
|-----------------------------------|---|
| 1. Total Cholesterol – Heart | 10. Alkaline Phosphatase - Liver |
| 2. HDL – Good Cholesterol - Heart | 11. SGOT - Liver |
| 3. LDL – Bad Cholesterol - Heart | 12. SGPT - Liver |
| 4. Total / HDL Ratio - Heart | 13. GAMMA GTP - Liver |
| 5. LDL / HDL Ratio - Heart | 14. Albumin - Nutrition |
| 6. Triglycerides - Heart | 15. Total Protein - Nutrition |
| 7. Glucose - Diabetes | 16. BUN - Kidney |
| 8. Fructosamine - Diabetes | 17. Creatinine- Kidney |
| 9. Bilirubin - Liver | 18. Globulin - Kidney |
| | 19. ALB/GLO Ratio - Liver, Kidney, Nutrition |
| | 20. Glomerular Filtration Rate - Kidney, Diabetes |
| | 21. White Blood Cell Count – Infection |
| | 22. Red Blood Cell Count – Oxygen Capacity |
| | 23. Hemoglobin – Anemia |
| | 24. Hematocrit – Anemia |
| | 25. MCH – Proper Cell Size/Anemia |
| | 26. MCHC - Proper Cell Size/Anemia |
| | 27. RDW - Red Cell Distribution Width |
| | 28. MCV - Proper Cell Count and Size |
| | 29. Platelet Count - Clotting Ability/Cancers |