



# Ready to Reach Your True Potential?

2024 Onsite Screening Guide

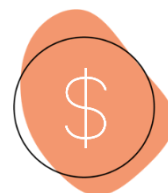




**WHAT IS THE WELLBEING ASSESSMENT?** It's a two-part review of your current overall wellbeing. It includes a simple **biometric screening** that is done onsite or at an outside lab. Screenings check your blood pressure and 37 different components of your blood, including cholesterol, blood sugar, kidney, liver and other functions, to give you a complete view of your physical wellbeing. There's also an online **Health & Lifestyle Survey** that asks questions about the physical, emotional, social and financial aspects of your life and what your lifestyle choices mean to your current state of wellbeing.



All employees and spouses or civil union partners enrolled in District 204's medical plan can participate in the wellbeing assessment at no cost!



Any employee covered by the medical plan who does not complete a wellness screening will have an increase of \$25 per month on their insurance premium. There will be an additional increase of \$25 per month for spouses or civil union partners covered by the medical plan who do not complete a wellness screening.



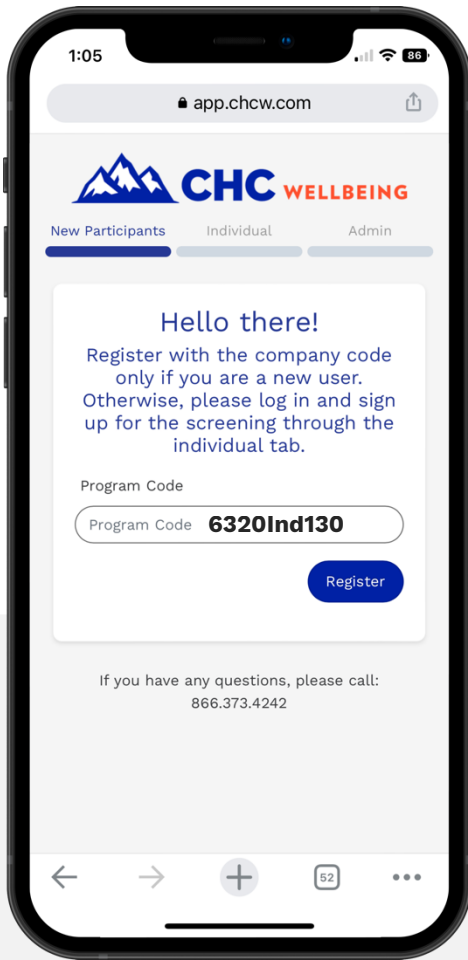
Non-benefit eligible employees, their spouse or civil union partners, and dependent children over the age of 18 may participate in the wellness screening by paying \$108 to CHC Wellbeing.



# Screening Dates

Screening Date	Time	School
Wednesday, January 10 <sup>th</sup>	7:00 am – 11:00 am	Crouse Education Center
Wednesday, January 10 <sup>th</sup>	6:00 am – 9:30 am	Prairie Children Preschool
Thursday, January 11 <sup>th</sup>	7:00 am – 11:00 am	Crone Middle School
Friday, January 12 <sup>th</sup>	7:00 am – 10:00 am	Longwood Elementary
Friday, January 12 <sup>th</sup>	6:00 am – 10:00 am	Metea Valley High School
Friday, January 12 <sup>th</sup>	6:30 am – 10:00 am	Still Middle School
Saturday, January 13 <sup>th</sup>	6:00 am – 10:00 am	Metea Valley High School
Tuesday, January 16 <sup>th</sup>	6:30 am – 10:00 am	Hill Middle School
Wednesday, January 17 <sup>th</sup>	6:30 am – 9:30 am	McCarty Elementary School
Wednesday, January 17 <sup>th</sup>	7:00 am – 10:00 am	Builta Elementary School
Thursday, January 18 <sup>th</sup>	6:30 am – 10:00 am	Peterson Elementary School
Thursday, January 18 <sup>th</sup>	7:00 am – 10:00 am	Gail McKinzie High School
Friday, January 19 <sup>th</sup>	6:30 am – 9:30 am	Graham Elementary School
Friday, January 19 <sup>th</sup>	6:30 am – 10:30 am	Gregory Middle School
Monday, January 22 <sup>nd</sup>	6:30 am – 10:00 am	Granger Middle School
Tuesday, January 23 <sup>rd</sup>	6:45 am – 10:15 am	Steck Elementary School
Wednesday, January 24 <sup>th</sup>	6:00 am – 9:30 am	Neuqua Valley High School-Main Campus
Friday, January 26 <sup>th</sup>	7:00 am – 10:00 am	Kendall Elementary School
Friday, January 26 <sup>th</sup>	6:45 am – 9:45 am	Fry Elementary School
Friday, January 26 <sup>th</sup>	6:30 am – 9:30 am	Brookdale Elementary School
Saturday, January 27 <sup>th</sup>	6:00 am – 10:00 am	Neuqua Valley High School-Birkett Center
Monday, January 29 <sup>th</sup>	6:30 am – 10:00 am	Patterson Elementary School
Monday, January 29 <sup>th</sup>	7:00 am – 10:00 am	White Eagle Elementary School
Tuesday, January 30 <sup>th</sup>	6:30 am – 10:30 am	Young Elementary School
Tuesday, January 30 <sup>th</sup>	6:00 am – 10:00 am	Welch Elementary School
Wednesday, January 31 <sup>st</sup>	6:30 am – 9:30 am	Cowlshaw Elementary School
Thursday, February 1 <sup>st</sup>	6:00 am – 10:00 am	Neuqua Valley High School-Birkett Center
Thursday, February 1 <sup>st</sup>	6:30 am – 10:00 am	Scullen Middle School
Friday, February 2 <sup>nd</sup>	6:30 am – 10:30 am	Brooks Elementary School
Friday, February 2 <sup>nd</sup>	7:00 am – 10:00 am	Owen Elementary School
Friday, February 2 <sup>nd</sup>	7:00 am – 10:00 am	Gombert Elementary
Monday, February 5 <sup>th</sup>	6:00 am – 10:00 am	Neuqua Valley High School-Main Campus
Tuesday, February 6 <sup>th</sup>	6:30 am – 10:00 am	Fischer Middle School
Wednesday, February 7 <sup>th</sup>	6:00 am – 9:00 am	Georgetown Elementary School
Thursday, February 8 <sup>th</sup>	7:00 am – 10:00 am	Clow Elementary School
Friday, February 9 <sup>th</sup>	6:00 am – 9:00 am	Spring Brook Elementary School
Friday, February 9 <sup>th</sup>	6:30 am – 10:00 am	Watts Elementary School
Friday, February 9 <sup>th</sup>	6:30 am – 10:30 am	Waubonsie Valley High School
Saturday, February 10 <sup>th</sup>	6:30 am – 10:30 am	Waubonsie Valley High School

To register for the screening, go to [app.chcw.com](http://app.chcw.com).



## New Members

1. Enter your program code **6320Ind130** in the "New Participants" tab and select "Register."
2. Complete your registration by creating a CHC user profile to begin your journey!
3. Follow the prompts to schedule your screening and complete the Health & Lifestyle Survey.

## Returning Members

1. Enter your username & password under "Individual Login" and select "Log in."
2. Select the "Join a Wellness Program" card under "Today's Activities."
3. Enter in program code **6320Ind130**.
4. Complete the activity cards under "Today's Activities" on your dashboard to successfully register for the screening.



**You're successfully signed up for the screening!**

If you need help, call 866-373-4242 to sign up for the screening over the phone.



**This is a fasting test!** For the most precise results, you should fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.



# Your Screening



## KIDNEY DISEASE

- BUN
- Creatinine
- BUN/ Creatinine Ratio
- Phosphorus
- Sodium
- Potassium
- Chloride
- Carbon Dioxide
- eGFR



## HEART DISEASE & STROKE

- Blood Pressure
- Triglycerides
- Total Cholesterol
- T. Cholesterol/HDL Ratio
- HDL Cholesterol
- LDL Cholesterol
- Calcium
- VLDL Cholesterol
- Estimated CHD Risk



## LIVER & GALLBLADDER

- Bilirubin, Total
- Bilirubin, Direct
- Alkaline Phosphatase
- AST
- ALT
- LDH
- GGT
- Albumin
- Protein, Total



## ANEMIA, INFECTIONS & CERTAIN CANCERS

- Iron
- Platelet Count
- Hemoglobin
- Hematocrit
- Globulin, Total
- A/G Ratio
- RBC: MCV, MCH, MCHC, RDW
- WBC: Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Immature Granulocytes



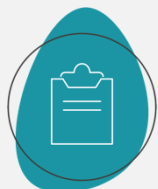
## DIABETES

- Glucose



## NUTRITIONAL & GASTROINTESTINAL DISORDERS

- Uric Acid



## HEALTH & LIFESTYLE SURVEY

The CHC Wellbeing research-based Health & Lifestyle survey is a questionnaire that assesses lifestyle choices to better evaluate your overall health.



# Additional Testing Options

Select your tests online or at the screening. Additional tests can be paid with check, credit/debit card, or FSA/HSA cards at the time of screening. Remote screenings require payment to be made online in advance.

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## HEART HEALTH

### Homocysteine \$54

Linked to detecting early development of heart disease influenced by diet and genetic factors.

### NMR \$99

Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy.

### C Reactive Protein (CRP) \$39

Detects inflammation and infections. Evaluates the possibility of developing heart disease.

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## NUTRITIONAL & VITAMIN

### B12 & Folate \$42

Necessary vitamins for red blood cell formation. Detects deficiencies and anemias.

### Vitamin D \$40

A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess.

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## CANCER DETECTION/ OTHER

### PSA (Prostate- men only) \$39

A protein produced by the prostate gland. High levels may indicate prostate enlargement or cancer.

### Blood type & RH typing \$25

Determines blood type. A, B, AB, O and if an individual is RH negative or positive.

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## DIABETES DETECTION

### Hemoglobin A1c \$34

Measures average level of blood sugar over the past 2-3 months. Used to diagnose Type 1 & Type 2 diabetes.

### Reflex A1c – *included for those with a glucose level 100 or greater.*

Measures similarly to Hemoglobin A1c but is only performed automatically on individuals whose blood glucose level is over 100.

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## DIGESTIVE HEALTH

### Gluten allergy \$29

For individuals with suspected sensitivity to gluten. May help diagnose celiac disease.

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## HORMONE

### Testosterone \$42

A hormone found in men and women. Detect impotence in men and decreased libido in women.

### TSH (THYROID) \$42

The thyroid gland stores and produces hormones that affect the function of virtually every organ in the body. An underactive thyroid is associated with: depression, weight gain, diabetes, and fatigue. Thyroid disease affects both men and women.

# Got Questions?

# We Have Answers!

For more information call



866-373-4242



**How do I update my onsite appointment or access the forms for a LabCorp or Physician screening?** Select the 'Complete Your Screening' card on your journey page to update your appointment time/location or access the forms needed for a LabCorp or Physician screening.  
**NOTE:** You must complete your health & lifestyle survey first in order to access your forms.



**What data should I have ready when completing the Health & Lifestyle Survey?** When completing the Health & Lifestyle Survey online or at the screening, you will be asked to submit your height, weight, and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure your waist's circumference, which is slightly above your belly button.



**What if I am unable to attend the onsite screening?** You can still complete an assessment at an offsite location. Follow the instructions on page two of this guide to sign up on the CHC portal. When prompted to select a location, click "remote" for your screening appointment. Print out the two forms that you will need to take to a local LabCorp facility. You must visit a local LabCorp facility by **February 17, 2024.**

*Note: Blood pressure readings may not be available to be taken at remote laboratory locations. You will be prompted to enter it during registration. If a blood pressure measurement is not entered, you will be marked as unknown. We encourage you to visit a local pharmacy, physician, etc. to get a reading completed.*



**Can I send a copy of my results to my physician?** YES. If you would like to send a copy of your lab results to your physician, please provide your doctor's first and last name and fax number when you schedule your screening. You can also bring this information to the onsite screening or fax your results to your physician at any time on your CHC Wellbeing portal.



**Is the wellbeing assessment confidential?** All of your results are confidential and protected by federal law. CHC does NOT send your individual health data to your employer or insurance provider. Your employer will only view de-identified, aggregated health data from wellness participants. In addition, CHC will not, under any circumstances, sell or rent your health data to any outside third party. To learn more about how your health data is protected, go to **[hhs.gov/hipaa](https://www.hhs.gov/hipaa)**.



**When will my results be available?** You will have access to your results and other health information online at [app.chcw.com](https://app.chcw.com) within 3-5 days after your screening.



**Is this a drug test?** NO. Your wellbeing assessment is intended to help detect the early stages of disease and disorders only.