

The Wellness Screening Program

KNOWLEDGE IS POWER

College of DuPage is pleased to offer The Wellness Screening Program in February 2010.

Wellness Screening is important!

Early detection is the key to staying well! Many diseases can be detected through the screening long before any symptoms are noticed. In fact, one out of every ten participants is made aware of a potentially serious, sometimes life-threatening, illness through this program. Detecting the problem early gives the participant the best odds for controlling and fighting the illness. Within 2-3 weeks of the screening, your confidential results will be mailed to your home.

Wellness Screening is convenient and confidential!

Our professional medical team comes to your facility for the initial step. In approximately 15 minutes we take your blood pressure and a small sample of blood. These blood samples are taken to a state-of-the-art licensed and accredited clinical laboratory for comprehensive testing.

Included in your Screening Package is 12 months of unlimited access to a personalized health information web site located at www.MyWellnessInfo.com where you can securely review your blood test results and access a wealth of online Health Resources from highly credible sources. This online resource includes: additional health assessments, a multimedia center, Health Illustrated Encyclopedia (investigate causes, symptoms, treatments), a drug information center, healthday news, care guides and much more! Look for your log on information in your screening test results package.

SIGN UP TODAY!

Available To the following employees/spouses at no cost:

- **All Benefited Employees (30+ Hours per week)**
- **COD Retirees on COD medical plan**
- **Spouses of Benefited Employees who are covered under the COD employee medical plan**
- **CODAA Members**

Also available to Part-Time Classified employees, Spouses not on COD Plan and all others by paying \$67.50

By registering for this program, you are agreeing to complete all parts of the screening – BP, BMI, Panel C and Health Power Profile.

The Screening Program Includes:

Panel C Blood Test

Comprehensive chemistry profile of 36 different tests, including CBC (complete blood count) and cholesterol analysis. This panel is designed to identify early warning signs of heart disease, diabetes, liver abnormalities, nutritional disorders, kidney disease, thyroid disease, anemia, and cancer.

Health Power Profile™

A handheld palm based questionnaire is used to generate a personal report, summarizing how your lifestyle choices are influencing your ability to stay healthy and prevent problems. It includes useful tips for making positive changes to improve your health.

BMI

This is a numerical value of your weight in relation to your height. BMI's are good indicators of healthy weights for adult men and women, regardless of frame size.

Blood Pressure Evaluation (BP)

Your blood pressure results will be recorded and explained to you.

Please Remember:

Do NOT eat or drink (other than water) 8-12 hours prior to the test.

Be sure to drink 2 glasses of water during the 2 hours prior to the appointment.

Be sure to wear loose fitting sleeves

Medications - most can be safely taken prior to the screening. Please consult your physician if you have a question about any medication you are currently using. Those taking insulin should call their doctor regarding their insulin dose the morning of the screening.

Programs and services are available to those 18 years of age and older.

Register for one of the following days:

On East Campus, in SRC 2800

Tuesday, February 23, 2010 – 6:30AM - 10:30AM

Wednesday, February 24, 2010 – 6:30AM - 10:30AM

Thursday, February 25, 2010 – 6:30AM - 10:30AM

or on West Campus, in K Commons

Friday, February 26, 2010 – 6:30AM - 10:30AM

Sign Up Online at: <http://register.wellness-inc.com>

Enter Registration Key: Co-56017-0

(copy and paste key onto registration page)

or Call the Wellness Hotline at: 630.723.0175

In addition to the Panel C testing described above, you may want to take advantage of one or more of these optional tests.

Popular Discounted Self-Pay Test Options:

PSA (Prostate Specific Antigen) - A blood screening to aid in the detection of benign and cancerous growth of the prostate. This is recommended annually for men age 50, and over.

\$39.50

ColoCARE@ - A take home, self-test to detect hidden blood in the stool. This test can aid in the early detection of gastrointestinal disorders and colon cancer. This is recommended for men and women age 50, and over. **\$5**

Thyroid Screen - A blood test to determine thyroid function, including T3 uptake, T4, T7 (FTI), and TSH. Thyroid dysfunction can cause unexplained weight loss or gain, fatigue, insomnia, and various other symptoms. **\$42**

Homocysteine - This is a blood test measuring the level of this naturally occurring amino acid. Recent studies show a three-fold increase in heart attacks and strokes when Homocysteine levels are high. **\$65**

Cardiac CRP – This is a blood test that measures the level of this naturally occurring protein, present in inflammation. Recent studies show a three-fold increase in heart attacks, two-fold increase in strokes, and four-fold increase in peripheral vascular disease when CRP levels are high. This is a high sensitivity CRP test and will detect any inflammation present in the body. You should not take this test if you are recovering from any recent tissue injury, infection, inflammation, or if you have any disorders like arthritis, or have taken any anti-inflammatory medication (e.g. aspirin) within the last week. Zocor and other statin medications will also alter your test results. **\$40**

Allergy – This is a blood test measuring sensitivity to these allergens: dust mites, cat, dog, Bermuda grass, Kentucky bluegrass, oak, elm, Alternaria Tenuis (mold), short ragweed, and English plantain. You should avoid this test if you had a radioactive scan (e.g. Thyroid or Bone Scan) in the past week. Use of antihistamines will not affect the results of this test. **\$75**

Helicobacter Pylori - A blood test to detect H. Pylori bacteria, which may be responsible for gastritis and ulcers. **\$47**

Inflammatory Joint Disease Screen - A blood screening to assist in the detection and diagnosis of rheumatoid arthritis, lupus, and gout. Test measures levels of uric acid, CRP, ANA, and RA Factor. **\$47**

Hemoglobin A1c - A blood screening to determine average blood sugar levels (for 90-120 days prior to the test). The American Diabetes Association recommends this screening four times per year for those who take insulin. **\$37**

Vitamin Deficiency Anemia Screen - A blood test measuring levels of Vitamin B12, Iron, and Folate. Insufficient levels can lead to anemia. **\$37**

Male Hormone (Testosterone) Screen – This is a blood test measuring testosterone, assisting in the detection and diagnosis of infertility, impotence, and other glandular disorders. **\$47**

Menopause Screen – This is a blood screening measuring female hormones (FSH, LH, Estradiol) when correlated with physical symptoms will help determine if you are in or near menopause. Estrogen, progesterone, or oral contraceptive medications will alter your results. You should not be within 3 days of menses, or menstruating at time of testing. **\$85**

Blood Type - A blood screening determining blood type and RH factor. **\$15**

Hepatitis B Immunity Screen - A blood screening to determine the effectiveness the Hepatitis B vaccine. **\$37**