



CHEIBA Health Fair

When: **October 30 7:00am – 11:00am**

Where: **Student Center Grand Ballroom**

Employee Cost: **The health screenings are FREE for benefit eligible faculty and staff. You may add-on additional tests to your screenings at a minimal cost to you (more details below). Those not in this classification may also pay for these services via cash, Visa or MasterCard. The fitness test, bone density and lung function screenings are free to anyone attending.**

Health Screen Includes:

- **Comprehensive Blood Screen (blood draw):** Chemistry 23 panel, complete blood count and thyroid test. This testing helps provide information on your general state of health and includes cholesterol/lipids, liver functions, kidney functions, electrolytes, nutrition, iron, glucose/diabetes, thyroid, white and red blood cells. (Specific testing details on next page). You may add-on other tests to this screening if wanted for a minimal fee. More info below.
- Height, Weight, Body Mass Index calculation, blood pressure, pulse and oxygen reading
- Test results will be sent directly to you along with health risk analysis and health education. **ALL RESULTS ARE STRICTLY CONFIDENTIAL.**

Lung Function Test

Will be done on a walk-in basis, no appt necessary

Flu Shots

Shots can be given to those 5 years and older. Free for Anthem Members. \$34 Cash.

Scheduling your health screening:

Utilize the online scheduling link that was emailed to you.



Preparing for your health screening:

- 1) A fast of 8 hours is recommended for best results (diabetics and pregnant women do not need to fast)
- 2) Drink plenty of water the night before and the morning of your screening
- 3) Avoid nicotine and caffeine one hour prior to your screening
- 4) Avoid exercise 12 hours prior to your screening

Add-On testing (employee may pay via cash, debit or credit card)

C-Reactive Protein Measures general levels of inflammation in the body and is done to help determine if there is an increased chance of having a sudden heart problem.	CRP	\$14
Prostate Specific Antigen Along with a digital rectal exam, this test is used to help screen for prostate cancer. It is important to speak with your physician about the meaning of your PSA results.	PSA	\$14
Hemoglobin A1c Reflects the average blood sugar level for the past two to three months and is used to determine if diabetes may be present due to increased glucose levels.	GLYCO	\$14
Homocysteine Reflects naturally occurring amino acid found in blood plasma. High levels could increase the chance of heart disease, stroke, Alzheimer's disease and osteoporosis.	HOMCY	\$23
Vitamin D Test levels of Vitamin D in your system. Vitamin D helps control calcium and phosphate levels in the body.	VDOH	\$40
Vitamin B12 Test levels of Vitamin B12 in your system. The body needs this B vitamin to make blood cells and to maintain a healthy nervous system.	VB12	\$40
Full Thyroid Panel TSH, Free T3, Total T3, Free T4, Total T4	76180 E	\$80



Testing specifics:

Chemistry 23 Panel - Provides info about your general state of health:

- Cholesterol
- Glucose
- Total Bilirubin
- LDH
- Sodium
- Magnesium
- ALT (SGPT)
- Albumin
- HDL & LDL (HDL/Chol)
- Calcium
- Alkaline Phosphatase
- Urea Nitrogen (BUN)
- Chloride
- Direct Bilirubin
- Iron
- Creatinine (BUN/Creatinine ratio)
- Triglyceride
- Total Protein
- AST (SGOT)
- Uric Acid
- Inorganic Phosphorus
- Gamma-GT
- Potassium
- TIBC

Complete Blood Count - Provides info about the cells in your blood and is used to check for disorders such as anemia, infections and other diseases:

- White Blood Cells
- Mean Corpuscular Volume (MCV)
- Platelets
- Hematocrit calculation
- Red Cell Distribution Width (RDW)
- Hemoglobin
- Mean Corpuscular Hemoglobin Concentration
- Red Blood Cells
- Mean Corpuscular Hemoglobin (MCH)

Thyroid Stimulating Hormone (TSH): Helps to check for thyroid gland problems.