

READY TO REACH YOUR TRUE POTENTIAL?

City of Crystal Lake

2020 Onsite Screening Guide

Northwestern Medicine®

Powered By: CHC WELLBEING

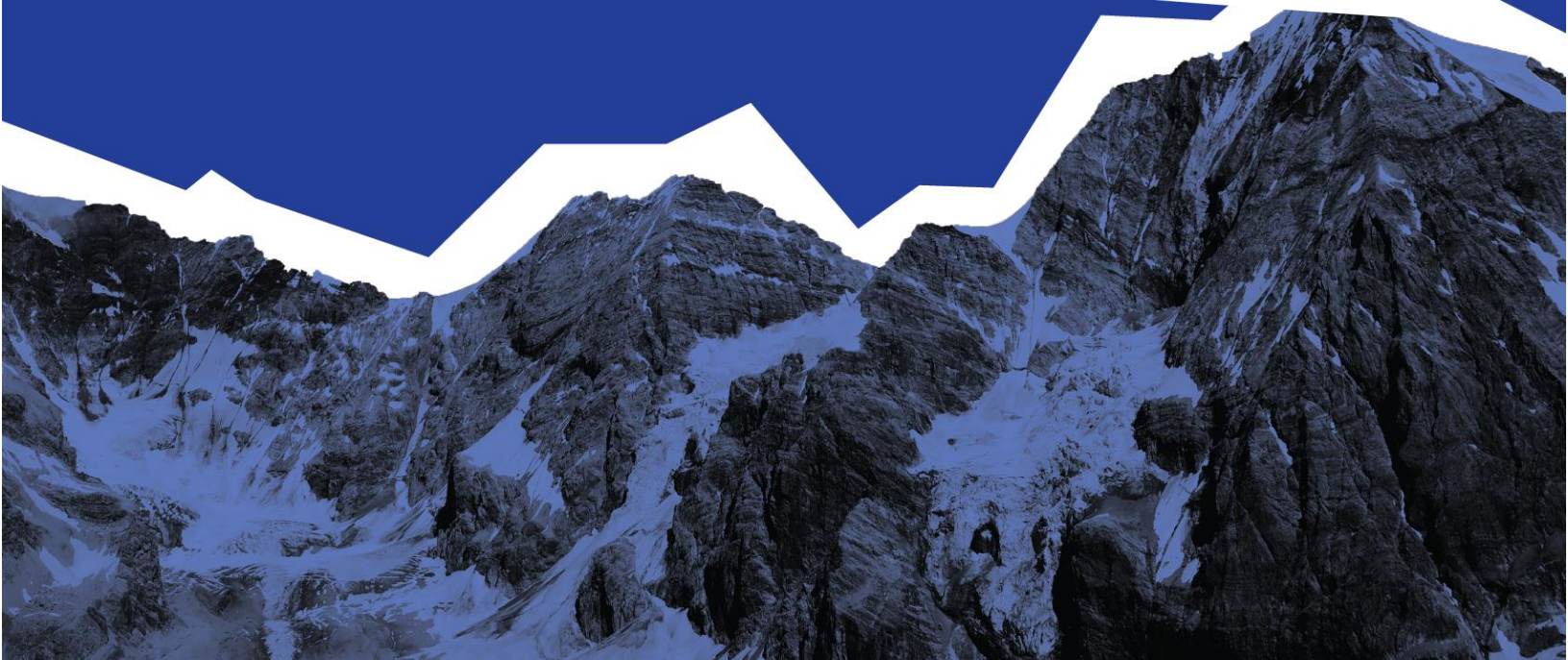
Sign up today to take part in a screening and start your path to true potential!

All full and part-time employees are invited to participate in the screening. Spouses on the City's medical plan are also eligible to participate!

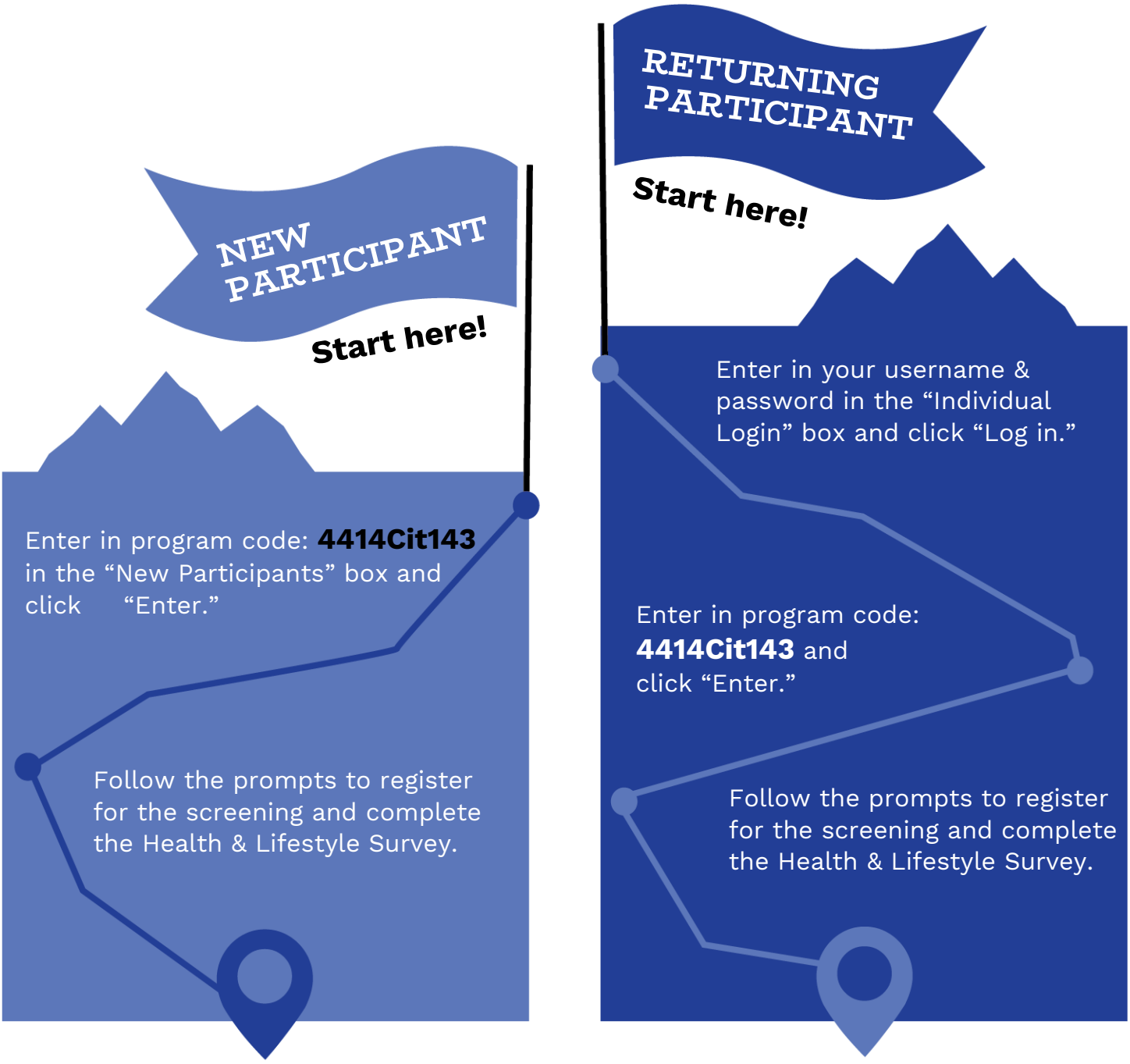
There is **no out-of-pocket cost** to you! City of Crystal Lake is covering the cost of your screening!

ONSITE SCREENING

City Hall	7:00am-10:00am	Tuesday, September 15
City Hall	7:00am-10:00am	Monday, September 28
City Hall	7:00am-10:00am	Wednesday, October 14



To register for the screening, go to [nm.chcw.com.](nm.chcw.com)



You're successfully signed up for the screening!

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

DON'T FORGET! This is a fasting test! For precise results, please fast 10-12 hours before testing. You cannot eat but may have water, black coffee or tea (no cream or sugar). Be sure to stay hydrated starting the day prior to your screening in order to facilitate an easier blood draw. If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic.

Check out what your 37 panel screening tests for!



ANEMIA, INFECTIONS & CERTAIN CANCERS

Iron
WBC, RBC, MCV, MCH, MCHC, RDW
Platelet Count
Hemoglobin
Hematocrit
Globulin, Calculated
A/G Ratio



HEART DISEASE & STROKE

Total Cholesterol
Triglycerides
HDL Cholesterol
LDL Cholesterol
Cholesterol/HDL Ratio
Calcium



KIDNEY DISEASE

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



NUTRITIONAL & GASTROINTESTINAL DISORDERS

Uric Acid



LIVER & GALLBLADDER

Bilirubin, Total
Bilirubin, Direct
Alkaline Phosphatase
AST, ALT, and GGT
Albumin



DIABETES

Blood Glucose



BLOOD PRESSURE READING

Taken before blood is drawn and repeated after blood draw if initial reading is elevated (white coat syndrome)



The **HEALTH & LIFESTYLE SURVEY** is a questionnaire that assesses lifestyle choices to better evaluate your overall health.

Add tests to learn more about your health!

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.

HEART HEALTH

CARDIO C $39
Detects inflammation and infections. Evaluates the possibility of developing heart disease.

HOMOCYSTEINE $54
Linked to detecting early development of heart disease influenced by diet and genetic factors.

NMR $59
Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy.

NUTRITIONAL & VITAMIN

VITAMIN D $40
A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess.

B12 & FOLATE $42
B12 & Folate are two vitamins for red blood cell formation. Detects deficiencies and anemias.

CANCER DETECTION/ OTHER

PSA (PROSTATE) $39
A protein produced by the prostate gland. High levels may indicate prostate enlargement or cancer.
Included for males 50+

BLOOD TYPE $25
Determines blood type. A, B, AB, O and if an individual is RH negative or positive.

DIABETES DETECTION

HEMOGLOBIN A1C (Included)
Average level of blood sugar over the past 2-3 months. Diagnose or treat Type 1 & Type 2 diabetes.

DIGESTIVE HEALTH

GLUTEN ALLERGY $49
For individuals with suspected sensitivity to gluten. May help diagnose celiac disease.

H. PYLORI $41
Detects infection of the gastrointestinal (GI) tract caused by the bacteria. Infection can lead to ulcers.

HORMONE

TESTOSTERONE $40
A hormone found in men and women. Detect impotence in men and decreased libido in women.

TSH (THYROID) $40
This thyroid hormone is produced by the pituitary gland. Detects an over an underactive thyroid.
Included for females 40+

VIRUS *NEW*

SARS-CoV-2 Antibody, IgG $64
Qualitative detection of IgG antibodies to SARS-CoV-2, the virus that causes COVID-19, to help identify individuals who have been exposed to the virus. Serologic results should not be used as the sole basis to diagnose or exclude recent SARS-CoV-2 infection. This test is recommended in individuals at least 10 days post symptom onset or following exposure to individuals with confirmed COVID-19.

Got Questions? We've Got Answers!

01 Is the wellbeing assessment confidential?

YES. CHC Wellbeing and Northwestern Medicine comply with all current HIPAA requirements, ensuring each individual's confidentiality. Neither your employer nor your insurance carrier receives any information pertaining to your personal tests, nor do they have access to your personal information without your permission.

02 Is this a fasting test?

YES. For 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.

03 What if I am unable to attend the onsite screening?

If you are not able to attend the onsite screening you can still complete an assessment at an offsite location. Follow the instructions on page 2 of this guide to sign up on the CHC portal. When prompted to select a location, click "remote" for your screening appointment. To complete your registration process print out the two forms that you will need to take to a Northwestern Laboratory. You must visit a local Northwestern Laboratory by **OCTOBER 16th**. CLICK HERE **to find the lab closest to you.**

NOTE: Blood pressure is not taken at NM remote laboratory locations. You will be prompted to enter it during registration. If a blood pressure measurement is not entered, you will not receive points for the blood pressure section of the biometric score and will be marked as high risk. This may also disqualify you from an incentive which may be offered by your company. We encourage you to visit a local pharmacy, physician, etc. to get a reading completed.

04 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 the circumference of your waist which is slightly above your belly button.

05 Can I send a copy of my results to my physician?

YES. If you would like CHC Wellbeing to fax a copy of your lab results to your personal 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 email your results to your physician at any time on your CHC Wellbeing portal.

06 When will my results be available?

You will have access to your results and other health information online at nm.chcw.com within 3-5 days after your screening. We at CHC Wellbeing pride ourselves on being a green company, and so we're pleased to provide convenient online access to your results on our member portal. If you prefer a printed copy, please check the box to request your report by mail when you register for your screening.

07 Is this a drug test?

NO. The voluntary wellbeing assessment is a simple blood draw, blood pressure reading and questionnaire that helps detect early stages of disease and disorders.