

It all begins with Your Comprehensive Health Evaluation!



Care for *Your Health*

- ◆ Discover your state of health and help ensure a healthy future
- ◆ Receive personalized valuable health information
- ◆ Continued support and coaching

Danville Area Community College cares about your health and wellbeing, and is pleased to offer convenient on-site health evaluations to all employees and spouses participating in its health insurance. Your health evaluation will include testing for cardiovascular disease, diabetes, liver and kidney disease and much more. You will incur no out-of-pocket expense!

Health evaluations are by appointment beginning at 6:30 a.m.

October 13-14, 2011
HR Conference Room

To schedule your appointment:

1. Go to www.interactivehs.com and click on Instructions for reserving your appointment online. First-time website users will have to register using the Sponsor Code YKM2J.
2. Find the apple in the red box on the upper left side of the Home Page and click where indicated.
 - Enter your BAS ID Number
3. You may also call IHS at 1-800-840-6100 to register.

Unable to attend on the above dates? You can have your health evaluation at a participating off-site testing facility. Call IHS at 1-800-840-6100 and ask for Test on Demand. *If you use this option, please call IHS to request your paperwork by October 14 and complete the testing by OCTOBER 28, 2011.*

Please remember to fast for 12 hours prior to your appointment. You may drink water or black coffee (no creamers or sweeteners of any kind). If you are diabetic or hypoglycemic, please follow your doctor's instructions regarding fasting.

Taking the health screening is an important first step in finding out your current state of health. The second step is to include your physician as a member of your 'wellness team'. For your convenience, IHS can communicate your test results directly to your physician if you provide their information (name, email, phone and fax numbers) either when you make your appointment or at the time of your health evaluation.

On the opposite side you will find information on frequently requested health maintenance tests. For your convenience, these popular tests are available for purchase at a discount, and can be added to your health evaluation. You are under no obligation to purchase anything to receive the health evaluation described above.

Additional Tests that can help detect potential *Health Problems*

Recent studies suggest that **Vitamin D** protects against a wide variety of diseases, such as; breast, ovarian, prostate and lung cancers. Low levels of Vitamin D have also been associated with high blood pressure, stroke, diabetes and chronic pain. Verify if you are at risk for any of these conditions based on low levels of Vitamin D.

Cost: \$45

If you have high cholesterol, heart disease, a family history of heart disease, diabetes, or high blood pressure you may be at high risk for heart attack or stroke. The following tests are recommended for a more thorough coronary risk analysis.

- ▶ **hs-CRP** – Elevated levels of inflammation in your arteries can increase your chances of heart attack or stroke.

Cost: \$40

- ▶ **VAP Cholesterol** – Next generation cholesterol test that identifies 21 cholesterol sub-classes that might be hidden risk factors for heart disease and/or stroke. This test will also verify if you have hereditary cholesterol issues that could also affect family members.

Cost: \$90

Sign up for additional tests when you register for your appointment.

Payment for additional tests is requested at the time of your appointment. For your convenience, IHS accepts cash, personal check, VISA and MasterCard. You will receive a receipt that you can submit to insurance for possible reimbursement. If you will be participating at an off-site facility (Test on Demand), you will be asked to pay for your additional tests over the phone using your MasterCard or VISA. **You are under no obligation to purchase additional tests.**

Watch How Life Gets Better!

- ▶ Confidential Health Evaluation — IHS is a HIPAA compliant company
- ▶ 12 hour fast is recommended—water and black coffee are permitted
- ▶ Testing takes less than 20 minutes of your time
- ▶ Results available online within 7 days and by mail within 2 weeks
- ▶ Interactive Health Index — score card highlights your current heart risk status and sets realistic personal goals for improvement
- ▶ Service includes an optional and confidential one on one telephonic health education program
- ▶ **Testing includes but is not limited to:**
 - ▷ Cardiovascular disease (Blood Pressure, Cholesterol, Triglycerides)
 - ▷ Diabetes
 - ▷ Liver & Kidney Disease
 - ▷ Blood, bone, and muscle disease

