



The Empower Wellness Screening Program



Trust the people who care for you!

Thoughtfully designed to help you take control of your health.

STAY HEALTHY Take a positive step. Your health is worth it!

Empowerment

Our screening services are thoughtfully designed to provide you with a better understanding of your health. We're empowering you to take the next steps toward illness prevention and a happier, healthier life. Participate in a screening and take control of your future!

SCREENING PROGRAM OVERVIEW

Your Screening Package Includes:

- **Panel C** - Testing that consists of a 37-component blood chemistry profile.
- **Reflex to Hemoglobin A1c** - This test is for those with a glucose of 100+. It assesses blood sugar levels over the past 90 to 120 days and can help diagnose type 2 diabetes and prediabetes.
- **Thyroid-Stimulating Hormone (TSH)** - Testing TSH is routinely used for the diagnosis of thyroid disease. (Women age 40+ only)
- **Prostate Specific Antigen (PSA)** - This test can help determine signs of prostate cancer in men. (Men age 50+ only)
- Blood Pressure and Body Mass Index Reading
- Self-Reported Height and Weight
- Empower Health Assessment™
- One year of unlimited access to our NEW user portal, designed to help you understand and grow your health.
- Results are confidentially and securely available online at empower.health within 3-5 business days of your event.
- **Optional Additional Tests** - Additional blood tests can be selected during registration or at the time of service. For a full overview of tests and fees, please see the Additional Tests Menu. This testing will not take extra time to complete.

Schedule your screening and explore helpful health content on our **NEW** empower.health portal!

*This is not the same registration site used for previous EHS screenings.
All participants must create a new account.*

Program Details

You have the power to create a healthy future. Through the **EHS Comprehensive Panel C**, you are given the ability to better understand your health and work towards preventing serious illness. Our Panel C tests the following:

HEART & DIABETES	COMPLETE BLOOD COUNT	KIDNEY, LIVER & THYROID	NUTRITION
Glucose	Red Blood Cells	BUN & Creatinine	Calcium
Total Cholesterol	White Blood Cells	T4 & Potassium	Total Protein
HDL (Good Chol.)	Hemoglobin	Phosphorus & eGFR	Albumin
Non-HDL	Hematocrit	Chloride & Sodium	Uric Acid
LDL (Bad Chol.)	Platelet Count	Alkaline Phosphatase	Iron
Cholesterol Ratio	Red Blood Cell Distribution	Total & Direct Bilirubin	Magnesium
Triglycerides	MCH, MCHC, MCV	SGOT, SGPT, Gamma GTP & LD	

EHS Panel C testing can detect:

- Heart Disease & Stroke
- Diabetes
- Anemia, Infections & Certain Cancers
- Kidney Disease
- Liver & Gallbladder Abnormalities
- Thyroid Disease
- Gastrointestinal Disorders
- Nutritional Disorders

WHO CAN PARTICIPATE?

ELIGIBLE PARTICIPANTS	SCREENING FEES	ADDITIONAL TEST FEES
Employees on the District Medical Plan/ ASBAIT member	No cost to you, billed to ASBAIT	Self-pay, please see Additional Tests Menu for tests & fees

Allergy (RAST) \$75

Common allergens include Alternaria tenuis (mold), English plantain, Kentucky bluegrass, Bermuda grass, short ragweed, oak, elm, dust mites, and cats and dogs. This panel tests your body's sensitivities to these substances. Those who have undergone any radioactive scans or treatment in the past week should avoid this test.

Blood Type (ABO & Rh Factor) \$18

This test determines your blood type: A, B, AB, or O. Since not every blood type (A, B, AB, or O) is compatible with the other, knowing your type is useful for donating blood or in the instance of transfusion or transplant.

ColoCARE® \$10

men's health women's health

Colorectal cancer is one of the most common cancers found in adult men and women. A take-home ColoCARE® self-test can help determine if there is hidden blood in the stool, a symptom of colorectal cancer.

Female Hormone Profile \$60

women's health

The hormones tested in this screening are follicle-stimulating hormone (FSH) and luteinizing hormone (LH). Testing FSH levels can help identify menstrual irregularities or menopause, and LH can help determine fertility issues. Several factors can cause abnormal test results, including medications, estrogen, progesterone, and if you are menstruating.

H. Pylori (Helicobacter Pylori) \$47

This test identifies the presence of the H. Pylori bacteria, linked to digestive issues, gastritis, and ulcers. Some people with H. Pylori won't notice any symptoms of infection, while others experience a variety of digestive disorders.

Homocysteine \$65

heart health

Homocysteine is an amino acid in our bodies that can be measured through a blood test. High levels of this amino acid are linked to an increased risk of heart attack or stroke.

Inflammatory Joint Disease \$47

This panel tests levels of RF Factor, C-Reactive Protein, Uric Acid, and ANA. Testing these together can help diagnose autoimmune diseases like rheumatoid arthritis and lupus, as well as gout.

T4, Free \$25

men's health women's health

The thyroxine (T4) hormone comes in two forms, free T4 and bound T4. This test measures the amount of free T4 in the blood and can help identify thyroid issues or aid in monitoring people with a diagnosed thyroid problem.

Testosterone (Male Hormone) \$47

men's health women's health

Testosterone is a reproductive hormone produced at differing levels in both men and women. This test measures testosterone levels to aid in the detection and diagnosis of infertility or glandular disorders.

Vitamin D \$40

men's health women's health diabetes heart health

This test measures the amount of vitamin D in the body. Healthy amounts of vitamin D help control your system's calcium and phosphate levels. Your body thrives on vitamin D and needs it to absorb calcium and promote bone growth.

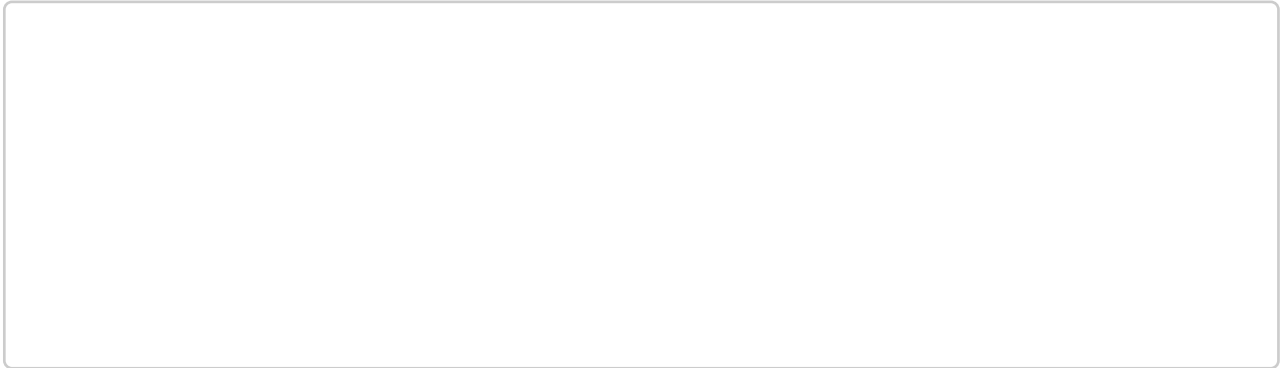
Vitamin Deficiency Anemia \$37

men's health women's health

Without enough vitamin B12, folate, and iron in the body, there is a risk for health conditions such as anemia. This test measures if you are getting enough of these vitamins and minerals.

- All tests qualify as reimbursable expenses for flexible spending and health savings accounts.
- Test fees are collected at the event by cash, credit, or check payable to Empower Health Services.

Screening Locations & Dates



SIGN UP USING OUR NEW PORTAL!

empower.health



1. Create a NEW account: empower.health

This is not the same registration site used for previous EHS screenings. All participants must create a new account.

2. Complete "New User" fields and enter client code:

You will receive an email confirmation. Verify your email to complete the registration process.

3. On the Dashboard, complete the Empower Health Assessment™

4. Return to the Dashboard and click "Register" to schedule an appointment for an onsite event

5. Once you have scheduled an appointment, download and **print two (2) copies of your requisition** to bring to your screening (REQUIRED)

Your results will be available online within 5-7 business days of your event!

Need assistance?

Please contact the EHS Customer Support Team at 866.367.6974 or support@empowerhealthservices.com

Reminders:

- **Face masks, covering both nose and mouth, are required to be worn during the screening.**
- Employees on the District Medical Plan must bring their ASBAIT Member ID to their screening appointment. ASBAIT Member ID numbers will be collected at time of service.
- Fast 8 hours and drink 2 glasses of water 1-2 hours prior to your appointment.
- Registration closes at NOON the business day prior to your event.
- Payment fees are collected at the event by cash, credit, or check payable to Empower Health Services.