

The Wellness  
Screening Program



KNOWLEDGE IS  
POWER

EBC  
HOOVER-SCHRUM  
SCHOOL DISTRICT 157

**Putting your knowledge  
to action is Powerful.**

Get the information and  
guidance you need with the  
Wellness Screening Program.

# 1

# SIMPLE ACTION

With all the health information coming at us today, it's hard to know where to start or what to trust. By taking **one simple action** — completing the Wellness Screening Program — you'll connect with the knowledge you need.

## The Wellness Screening Program is a great place to start. Here's how it works...

- You give *less than 30 minutes of your time*.
- Your program includes:

### Your Program Services:

- One simple blood draw that consists of 36 lab tests designed to detect disease or illness at the earliest stage
- A simple health risk questionnaire completed during your screening appointment to identify risk factors in your lifestyle
- Your blood pressure and body mass index (BMI)
- Educational summary report
- MyWellnessInfo.com health portal - support you can use when you choose to

### Optional Services:

- **Seasonal Flu Shot** Participants must be 18 years of age or older and are subject to evaluation of health and medical history. Pregnant women in CA, DE, MO, NY, and WA are not eligible to participate in this flu vaccination program. State law prohibits pregnant women from receiving a flu shot containing Thimerosal.
- **PSA**, Prostate Specific Antigen, aids in the detection of benign and cancerous growth of the prostate
- **ColoCare®** take home self-test to detect hidden blood in the stool
- **Advanced Thyroid Screen** to determine thyroid function, includes TSH and Free T4
- **Additional test options announced during your registration and at your screening, ask a Wellness Inc. staff member to learn more**

# BE PROACTIVE! GET A FLU SHOT

Flu Program is subject to vaccine availability. Participants must be 18 years of age or older and are subject to evaluation of health and medical history.

Pregnant women in CA, DE, MO, NY, and WA are not eligible to participate in this flu vaccination program. Laws in these states prohibit pregnant women from receiving a flu shot containing Thimerosal.

The H1N1 strain is included in this year's vaccine. Therefore, if you have had an H1N1 Flu shot in the last 28 days you should not be vaccinated at this time.



TAKE A CLOSER  
LOOK

HEALTH POWER  
PROFILE™

Find your own personal  
results...

**In the Health Power Profile™** you'll find your own personal results compared with the National Average in each of the following categories:

- Germ Resistance
- Heart Health
- Weight Control
- Cancer Prevention
- Injury Prevention
- Personal Resilience

The report also offers suggestions for daily lifestyle changes that could help make a positive difference.



**Want to know more?** Please call 630.723.0175

# PROGRAM DETAILS



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

Enter Registration Key

or **Call the Wellness Hotline at:** 630.723.0175

Hoover Elementary School

**Wednesday,**

**November 24, 2010**

8:00 AM - 10:00 AM

Gym

Registration Key: EB-59883-0

BCBS PPO Participants must present plan card & complete a claim form.  
 Please note - Any denied claims or balances remaining will be billed to the participant.  
 Seasonal Flu - Please see previous page for guidelines & restrictions.  
 Please fast 8 hours, wear loose fitting sleeves and drink 2 glasses of water.

WHO'S ELIGIBLE	FEES	
	PROGRAM FEE & FLU VACCINATION	ADDITIONAL TEST OPTIONS
Insurance eligible Employees	No cost to you!	Self-pay test options and fees announced during registration
Non-insurance eligible Employees, Spouses and Dependents age 18 years and older	Self-pay Screening - \$73 Flu Vaccine - \$24.50	Self-pay test options and fees announced during registration

**SIGN UP TODAY!**



# WHY YOU SHOULD SIGN UP

QUICK	<b>Save Time:</b> 30 minutes. Onsite for most people. No waiting around at the doctor's office!
LOW COST TO NO COST	<b>Save Money:</b> The program, the results, the tips and the support are all included.
RESULTS	<b>Get Useful Results:</b> No confusing medical speak. Tips you can use, when you choose to.
SUPPORT	<b>Get Online Support:</b> 12 months of secure access to resources, past and present results and other tools.
TRUST	<b>Feel Secure:</b> Your Results are <b>FOR YOU!</b> By law, your employer cannot view your personal health information.
CHOICE	<b>Make a Choice:</b> We give you the results and a place to start. <b>YOU</b> choose what to do with the information. Share it with your doctor or simply use the results to know how you're doing from year to year.
POWER	<b>Remember, knowledge is POWER.</b> The information you get focuses on the things over which you have control and can change...the power <b>YOU</b> have to be your best at home, work and play.



**Wellness Inc.**  
4205 Westbrook Drive  
Aurora, IL 60504  
630.236.4770  
[www.wellness-inc.com](http://www.wellness-inc.com)