



READY TO REACH YOUR TRUE POTENTIAL?

FRUITFUL YIELD
2020 Customer Wellbeing Assessment



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

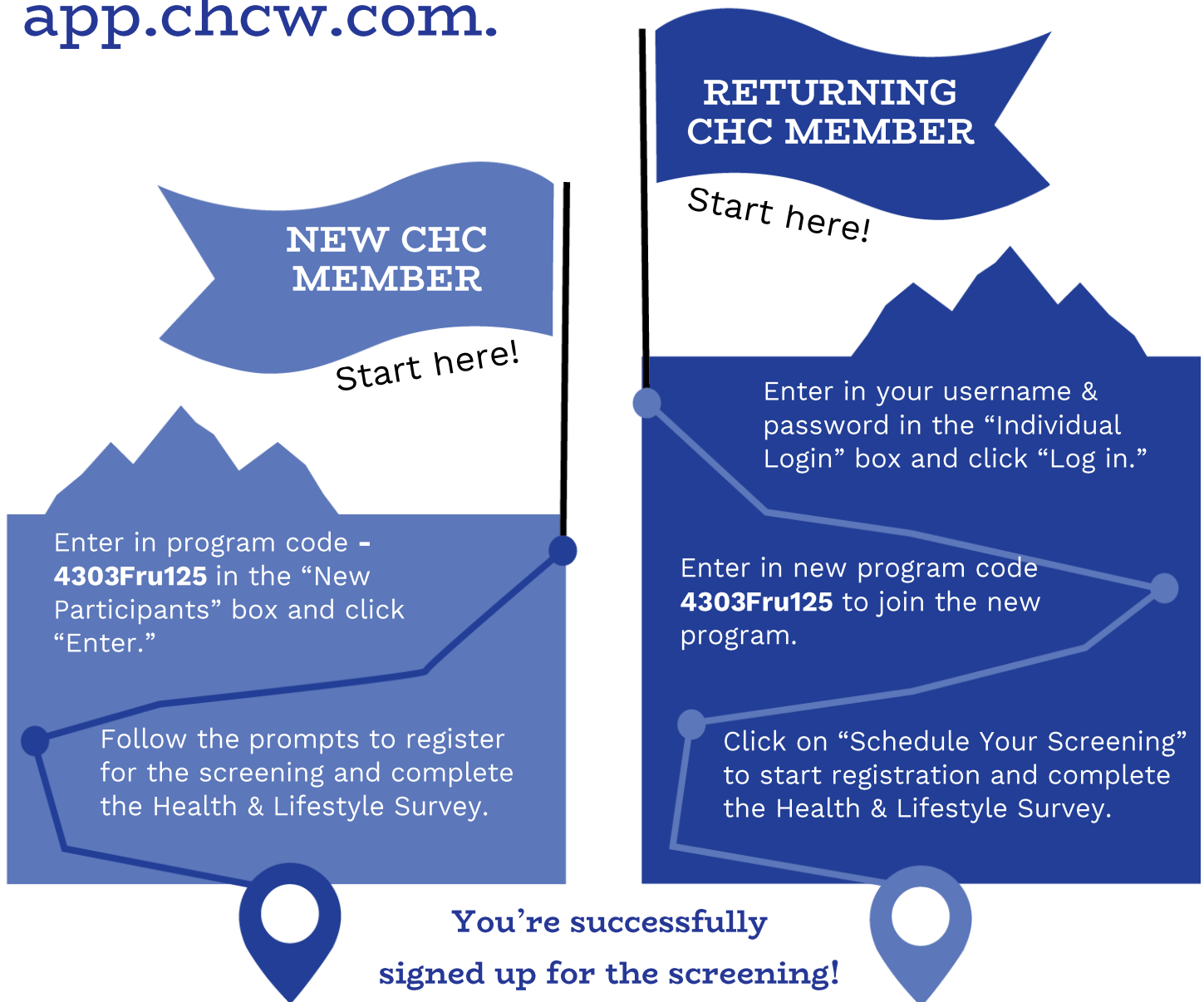


Fruitful Yield customers are eligible to participate.

All screenings 8:00am – 11:00am

DATES	LOCATION	ADDRESS
Friday, April 3 Saturday, April 4	Darien	2141 W. 75 th Street – 60561
Saturday, April 25	Lombard	229 Roosevelt Road – 60148
Friday, May 1	Schaumburg	168 E. Golf Road – 60195
Saturday, May 30	LaGrange Park	425 N. LaGrange Road – 60526
Friday, June 5	Bloomingtondale	366 W. Army Trail Road – 60108
Saturday, June 6	Batavia	155 N. Randall Road – 60510
Friday, June 12	Oswego	1124 Douglas Road Mason Square – 60543
Saturday, June 13	Naperville	1512 N. Naper Blvd. Ste. 180 - 60563
Saturday, June 20	South Elgin	360 Randall Road – Kohl's Center - 60177
Saturday, August 22	Joliet	2378 Essington Road - 60435
Friday, September 11 Saturday, September 12	Darien	2141 W. 75 th Street – 60561
Saturday, September 19	Elmhurst	135 N. Addison Ave. – 60126
Saturday, September 26	Schaumburg	168 E. Golf Road – 60195

To register for the screening, go to app.chcw.com.



If you need help during the registration process, [watch this video](#) for more information! You can also call 866-373-4242 to sign up for the screening over the phone.

Fruitful Yield Customers may pay the screening fee of \$87 by check or credit card.

Blue Cross Blue Shield of Illinois PPO plan customers may participate at no cost by submitting their active insurance information. Medicare, Medicaid, Tricare, and HMO BCBS plans are not included. If the insurance claim is denied, you will be responsible for the \$87 payment to CHC Wellbeing.

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). If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic. **Be sure to stay hydrated starting the day prior to your screening to facilitate an easier blood draw.**

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 CHC Wellbeing research-based **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 \$99

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

DIABETES DETECTION

HEMOGLOBIN A1C \$34

Included for BCBS of IL PPO

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

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.

DIGESTIVE HEALTH

GLUTEN ALLERGY \$29

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 \$42

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

TSH (THYROID) \$42

Included for BCBS of IL PPO

This thyroid hormone is produced by the pituitary gland. Detects an over an underactive thyroid.

CANCER DETECTION/ OTHER

PSA (PROSTATE) \$39

A protein produced by the prostate gland. High levels may indicate prostate enlargement or cancer.

BLOOD TYPE \$25

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

Got Questions? We've Got Answers!

Is the wellbeing assessment confidential?

01 YES. CHC Wellbeing complies 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, and has no access to your personal information without your permission.

Is this a fasting test?

02 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.

What data should I have ready when completing registration?

03 When registering 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.

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

04 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.

When will my results be available?

05 You will have access to your results and other health information online at app.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.

Is this a drug test?

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