



BEYOND WELLNESS TO  
**TRUE  
POTENTIAL**



2018 Onsite Wellbeing Assessment Guide

MOVE  
FORWARD  
WITH YOUR  
HEALTH  
AND TAKE  
PART IN A  
WELLBEING  
ASSESSMENT



FRUITFUL YIELD  
2018 Onsite Health and Wellness Screenings  
8:00 am – 11:00 am

DATES	LOCATION	ADDRESS
Friday, March 16 Saturday, March 17	Darien	2141 W. 75 <sup>th</sup> Street – 60561
Saturday, March 31	LaGrange Park	425 N. LaGrange Road – 60526
Saturday, April 7	Elmwood Park	7230 W. North Ave. – 60707
Friday, April 20 Saturday, April 21	Schaumburg	168 E. Golf Road – 60195
Saturday May 5	Bloomington	366 W. Army Trail Road – 60108
Saturday, May 19	Lombard	229 Roosevelt Road – 60148
Saturday, June 2	South Elgin	360 Randall Road – 60177
Saturday, June 9	Batavia	155 N. Randall Road – 60510
Saturday, June 23	Naperville	1512 N. Naper Blvd., Ste. 180 – 60563
Saturday, June 30	Joliet	2378 Essington Road – 60435
Saturday, July 7	Fox Valley	476 S. Route 59, Ste. 160 – 60540
Saturday, September 15	Elmhurst	135 N. Addison Ave. – 60126
Friday, September 21 Saturday, September 22	Darien	2141 W. 75 <sup>th</sup> Street – 60561
Saturday, October 13	Schaumburg	168 E. Golf Road – 60195
Saturday, October 27	Oswego	1124 Douglas Road Mason Square – 60503



# EASY SIGN-UP GETS RESULTS QUICKER AND YOUR HEALTH ON TRACK FASTER

All Fruitful Yield Customers are welcomed to participate.

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.

1

Go to [app.chcw.com](http://app.chcw.com).

2

If you've screened with CHC Wellbeing before, enter in your username and password in the 'Individual Log In' box. Once you have logged in, enter in program code **3600Fru125** to join the new program, and then click on 'Schedule Your Screening' to start registration.

3

If this is your first time screening with CHC Wellbeing, enter in program code **3600Fru125** in the 'New Participants' box. Follow the prompts to complete your registration and Health & Lifestyle Survey. **Please call 866.373.4242 if you need help or to sign up by phone with a CHC representative.**

## 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.

OUR  
37 PANEL  
BLOOD TEST  
GIVES A  
COMPLETE  
SCOPE OF  
YOUR  
WELLBEING



**Anemia, Infections,  
& Certain Cancers**

Iron  
WBC, RBC, MCV, MCHC, RDW  
Platelet Count, Hemoglobin,  
Hematocrit  
Globulin, Total:  
Albumin Serum  
A/G Ratio  
MCH



**Heart Disease & Stroke**

Cholesterol  
Percentile Cholesterol  
Triglycerides  
HDL and LDL  
HDL/Cholesterol-Risk Ratio  
Calcium



**Kidney Disease**

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



**Nutritonal &  
Gastrointestinal  
Disorders**

Total Protein  
Albumin  
Uric Acid



**Liver & Gallbladder**

Total Direct Bilirubin  
Alkaline and Phosphates  
AST, ALT, and GGT  
Albumin Total Protein  
LDH



**Diabetes**

Blood Glucose



**Blood Pressure  
Reading**

taken before your  
screening



The CHC Wellbeing  
research-based **Health &  
Lifestyle Survey** is a  
questionnaire that assesses  
lifestyle choices to better  
evaluate your overall  
wellbeing



# ADDITIONAL TESTS LET YOU GO FARTHER WITH YOUR HEALTH JOURNEY

Additional test fees can be paid with check, credit/debit card, or FSA/HSA debit cards at the time of onsite screening. Remote screenings require payment to be made online in advance.

## Heart Health

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**Cardio C:** identifies inflammation of the arteries. Individuals with personal or family history of heart attack, stroke, sudden cardiac death, and/or peripheral arterial disease should select this test. **\$39**

**Nuclear Magnetic Resonance (NMR):** utilizes imaging that produces a representation of the lipoproteins found in a simple blood sample. This test goes beyond a cholesterol test by providing the number of LDL particles along with the standard cholesterol information. **\$99**

**Homocysteine:** Homocysteine is a substance produced by the body to digest protein. The American Heart Association indicates that elevated levels of homocysteine are linked to higher risk of coronary heart disease, stroke, peripheral vascular disease (PVD), and atherosclerosis. **\$54**

## Diabetes Detection

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**Hemoglobin A1c:** provides an average of your blood sugar control over the past 2 to 3 months from the date of the test. The higher the A1c level, the higher the risks of developing complications related to diabetes. This blood test is used to diagnosis Type 1 and Type 2 diabetes. (No fasting required). **\$34**

## Nutritional & Vitamin

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**Vitamin D:** used to determine if there is bone weakness, bone malfunction, or an abnormal metabolism of calcium occurring as a result of deficiency or excess. **\$40**

**B12 & Folate:** ordered to detect deficiencies and to diagnose various anemias. Once the deficiency diagnosis has been made, this test can also be useful to determine the effectiveness of treatment. **\$42**

## Digestive Health

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**Gluten Allergy:** helps to diagnose celiac disease and can also help to evaluate the effectiveness of a gluten-free diet. This condition is characterized by a sensitivity to gluten (found in wheat, barley and rye) that causes inflammation. **\$29**

**H. Pylori:** measures the level of stomach bacteria H. pylori, which is a bacteria that lives in the mucous lining of the stomach. Without treatment, the infection can lead to ulcers. **\$41**

## Hormone

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**Testosterone:** measures the amount of the male hormone Androgen. Both men and women can select the Testosterone test if they are experiencing a decreased sex drive, infertility, erectile dysfunction in men, testicular tumors, hypothalamus or pituitary disorders, and hirsutism and virilization in women. **\$42**

**TSH (Thyroid):** evaluates thyroid gland function. An underactive thyroid gland can cause symptoms such as weight gain, tiredness, dry skin, constipation, a feeling of being too cold, or frequent menstrual periods. An overactive thyroid can cause symptoms such as weight loss, rapid heart rate, nervousness, diarrhea, a feeling of being too hot, or irregular menstrual periods. If you have any of these symptoms you should be tested. This test will provide you with a Thyroid Stimulating Hormone result, T3 and Free T4 are not included. (Included for BCBS PPO Plan). **\$42**

## Cancer Detection

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**PSA (Prostate):** measures the blood level of PSA, a protein that is produced by the prostate gland. The higher a man's PSA level, the more likely it is that he has prostate cancer. Until recently, many doctors and professional organizations encouraged yearly PSA screenings for men beginning at age 40. It is now recommended that men who are at higher risk for prostate cancer, including African American men and men whose father or brother had prostate cancer, begin screening between the age of 40 and 45. (Included for men on the BCBS PPO Plan). **\$39**

## Blood Type

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**Blood Type:** determines if a person is type A, B, AB, O and if he or she is Rh negative or positive. **\$25**



OUR  
SCREENINGS  
ARE SIMPLE,  
SAFE AND  
CONFIDENTIAL  
—ONLY YOU  
KNOW YOUR  
RESULTS

#### **Is the wellbeing assessment confidential?**

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?**

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 the wellbeing assessment?**

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?**

YES. If you would like CHC Wellbeing to send a copy of your lab results to your personal physician please have the doctor's name and address when you schedule your screening. You can also bring this information to the onsite screening. You can also email your results to your physician at any time on your CHC Wellbeing portal.

#### **When will my results be available?**

You will have access to your results and other health information online at [www.chcw.com](http://www.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?**

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

If you have any additional questions please contact CHC Wellbeing at [866.373.4242](tel:866.373.4242).