

# City of Elmhurst



## The Empower **Wellness** Screening **Program**

# Stay Healthy!

TAKE A POSITIVE STEP. YOUR HEALTH IS WORTH IT!

## Empowerment:

Understanding your health is the first step toward being healthy. Take that step!

We provide you the information and guidance you need to empower yourself when you participate in the screening services. You give less than 20 minutes of your time. We give valuable insight into your health. Improving and maintaining your health can start today. You can be in control of a healthy future.

## SCREENING PROGRAM OVERVIEW

### Core-Screening Package Includes:

- A comprehensive, 37-component blood chemistry profile and educational report to share with your doctor.
- Blood Pressure and Body Mass Index Reading
- Self-Reported Height and Weight
- Empower Health Assessment™ (EHA) - An online assessment tool that evaluates your lifestyle as well as your current health status. This innovative tool calculates your health risk and suggests ways to make improvements.
- Results are confidentially and securely available online at [empowerhealthservices.info](http://empowerhealthservices.info) within 5-7 business days of your event. You can view your results from any computer or smart phone 24 hours a day.
- You get one year of unlimited access to accredited online self care tools and resources utilized by millions of people to empower their healthy way of life.

### Additional Tests:

- Additional test options are available during registration and at your screening, please see the Additional Test Menu for tests and fees. Please note, additional testing does not take additional screening time to complete.



# PROGRAM DETAILS

Through the EHS Comprehensive Panel C, you will have the power to make wise choices and work towards preventing serious illness.

The EHS Panel C testing can detect:

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

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	

WHO CAN PARTICIPATE	SCREENING	ADDITIONAL TESTS
Employees, Spouses, Dependents 18+ & Retirees <65 with any BCBSIL PPO Plan including the City's HSA Plan	BCBSIL PPO Plan will cover the cost of the screening 100% as preventive	BCBSIL PPO Plan will cover the cost of the additional tests 100% as preventive (PSA is Self-Pay \$40)
Employees, Spouses, Dependents 18+ & Retirees <65 with BCBS HMO Plan	No cost to you, billed to your company	Self-Pay, please see Additional Test menu for tests & fees
All Others	Self-Pay, \$90 <i>A \$175 Value</i>	Self-Pay, please see Additional Test menu for tests & fees

## Next Steps:

Start by creating your free account online, completing the Empower Health Assessment, and registering for your screening at [www.empowerhealthservices.info](http://www.empowerhealthservices.info). Within 5-7 business days of the event, return to the portal and you will have secure access to all your screening results. You get 24/7 access to over 1,000 eLearning lessons and tools to help make key health decisions for one full year from the date you register on the portal.

# BCBS ADDITIONAL TESTS

- Present your BCBS of IL PPO ID card at the time of service to have claims submitted, with no out-of-pocket expense.
- All tests qualify as reimbursable expenses for flexible spending and health savings accounts.
- For those that do not have BCBS of IL PPO coverage, additional tests are available on a self-pay basis.
- Test fees are collected at the event by cash, credit or check payable to Empower Health Services.

	BCBS PPO Members	Self-Pay Members
<b>ALLERGY (RAST)*</b> SST #649749 Measures your body's sensitivities to these allergens: dust mites, cat, dog, epithelial, Bermuda grass, Kentucky bluegrass, oak, elm, mold, short ragweed, and English plantain. You should avoid this test if you have had a radioactive scan (e.g., thyroid or bone) in the past week.	\$0	\$ 75.00
<b>ADVANCED THYROID PROFILE</b> SST #224576 ●● Determines thyroid function, including TSH and the Free T4, which is recommended by the American College of Endocrinologists. Thyroid dysfunction can cause unexplained weight loss or gain, fatigue, insomnia and various other symptoms.	\$0	\$ 42.00
<b>COLOCARE®</b> ●● A TAKE HOME SELF TEST to detect hidden blood in the stool. Colo-rectal cancer is the third most commonly diagnosed cancer in both men and women.	\$0	\$ 8.00
<b>FEMALE HORMONE PROFILE</b> SST #028480 ● A blood screening of female hormones (FSH/LH). Correlated with your physical symptoms, it will help determine if you are in or near menopause. Please Note: Estrogen, progesterone or oral contraceptive medications will alter your results. You should not be menstruating or within 3 days of menses.	\$0	\$ 60.00
<b>HEMOGLOBIN A1C*</b> LAV #001453 ● Determines average blood sugar levels over the period of 90 to 120 days prior to the test. The American Diabetes Association recommends this test be performed four times a year on those who take insulin. Fasting for at least 8 hours is recommended but is not required.	\$0	\$ 37.00
<b>INFLAMMATORY JOINT DISEASE</b> SST #030452 Helps detect and diagnose of Rheumatoid Arthritis, Lupus and Gout. Test includes Uric Acid, CRP, ANA, and RF Factor.	\$0	\$ 47.00
<b>MALE HORMONE (TESTOSTERONE)</b> SST #004226 ●● Measures the hormone testosterone. Results aid in the detection and diagnosis of infertility, impotence and other glandular disorders.	\$0	\$ 47.00
<b>PSA (PROSTATE SPECIFIC ANTIGEN)</b> (please note - PSA test is no longer covered by BCBS PPO, available as self-pay) Screening for benign or cancerous growth of the prostate in men. As prostate cancer is the most common cancer among men, the American Cancer Society recommends this test as part of an annual prostate screening for men age 50 or over. However, baseline testing is appropriate for men of any age especially those with family history of prostate cancer.	\$40.00	\$ 40.00
<b>VITAMIN D</b> SST #081950 ●●●● Measures the level of vitamin D circulating in the blood. Low vitamin D levels have been linked to several cancers, heart disease, stroke, diabetes, depression, weight gain and an increased susceptibility to colds and flu. Although it is rare, taking too much vitamin D can lead to serious health problems including kidney failure.	\$0	\$ 40.00
<b>VITAMIN DEFICIENCY ANEMIA</b> SST #000810 ●● Measures levels of vitamin B12, iron, and folate. Insufficient levels can lead to anemia. Some symptoms of anemia include: fatigue, pale skin and nail beds, shortness of breath, and an elevated heart rate.	\$0	\$ 37.00

# SCREENING LOCATIONS & DATES

## Public Works

985 Riverside Dr.,

**Tuesday, January 22, 2019**

6:30 am - 9:30 am

Lunch Room

## Police Department

125 E. First St.,

**Thursday, January 24, 2019**

6:00 am - 9:00 am

Lower Level Training Room

## City Hall

209 N York Rd.,

**Saturday, January 26, 2019**

7:00am - 10:00am

Council Chambers

## Elmhurst Library

125 S. Prospect Ave.,

**Monday, January 28, 2019**

7:00am - 11:00am

Large Meeting Room

## City Hall

209 N York Rd.,

**Wednesday, January 30, 2019**

7:00am - 11:00am

Council Chambers

If you are unable to attend an onsite event, there are still opportunities to participate. Please refer to the separate Individual Program or Health Provider Form Packets for more information.

## SIGN UP TODAY!

<http://EmpowerHealthServices.info>

### 1. Sign in to your free account online

#### **Returning** Participants

Enter your Member Login information in the left box (*Forgot your username or password? Click "Forgot your login"*)

#### **New** Participants

In the New Program Registration box, create your account by entering client code: **Elmhurst**

### 2. Complete the Empower Health Assessment™

### 3. Register for your screening appointment

\*\*If you are unable to register online, please call 866-367-6974 to schedule an appointment.

## REMINDERS



- **BCBS PPO MEMBERS, PLEASE BRING YOUR ID CARD TO YOUR SCREENING APPOINTMENT.**
- **FAST** 8 hours and drink 2 glasses of water 1-2 hours before your screening.
- Registration for this event will close at NOON the day before your event.
- If you order additional tests and you are not a BCBS PPO member, payment is due at time of service by cash, credit or check payable to Empower Health Services.



4205 Westbrook Drive  
Aurora, IL 60504

Ph: 866.367.6974  
Fax 630.882.0448

[support@empowerhealthservices.com](mailto:support@empowerhealthservices.com)  
[EmpowerHealthServices.com](http://EmpowerHealthServices.com)



Scan to learn more about Empower Health Services and what we have to offer you and your organization

## A FRESH APPROACH TO A HEALTHY LIFE

Employers who partner with EHS have great stories to tell. Stories of employees or family members for whom the EHS Screening Program was a life-changing, even life-saving, experience.