PREVENTION PARTNERS

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PREVENTIVE WORKSITE SCREENINGS

- ☑ Health Risk Appraisal
- ☑ Lipid Profile
- ☑ Chemistry Profile
- ☑ Hemogram
- ☑ Blood Pressure
- ☑ Height and Weight

all for $15

The Employee Insurance Program (EIP) is pleased to provide our popular Preventive Worksite Screening Program to state employees and state retirees (and their covered spouses) whose primary insurance coverage is one of these plans*:

- **State Health Plan (Standard Plan)**
- **State Health Plan (Savings Plan)**
- **BlueChoice HealthPlan**
- **CIGNA HMO**
- **MUSC Options.**

***Medicare enrollees are not eligible**.

The screening, a $200 value in most health-care settings, is available to you at a minimal cost — just a $15 copayment. Your insurance pays the rest! Within two weeks of a screening, you will receive your personal health profile, highlighting any values outside the normal range. You can send this report to your physician or take a copy with you on your next doctor's office visit, which may save you money and keep you from duplicating tests.

The Preventive Worksite Screening includes:

Health Risk Appraisal
This screening provides a complete wellness profile of each participant. All participants receive an analysis of their specific health risk factors and recommendations for improving their health.

Lipid profile, including:

- *Total cholesterol*
- *Low-density lipoproteins (LDL)* — LDL is a risk factor for heart disease. It can clog arteries and prevent oxygen-rich blood from flowing to your heart.
- *High-density lipoproteins (HDL)* — HDL helps move the LDL (the "bad" cholesterol) away from your arteries and prevents buildup of fats on arterial walls.
- *Triglycerides* — A contributor to the hardening of the arteries and, ultimately, heart disease, elevated triglyceride levels can also be an indicator of diabetes.

Chemistry profile, including:

- *Blood Urea Nitrogen (BUN) and creatinine* — These tests help measure and assess kidney function.
- *Glucose* — This test measures blood sugar level. New diabetes guidelines have lowered the level of glucose that defines the disease to 126 mg./dl.
- *Electrolytes* — This test measures sodium, potassium, chloride and bicarbonate. These four substances control the body's pH (acid/base) balance.

Hemogram, including:

- *Red and white blood cells* — White blood cells are the body's primary defense against illness. Red blood cells carry oxygen from the lungs to organs and tissues. These tests measure the level of both.
- *Hemoglobin* — This compound is involved in transporting oxygen from the lungs to organs and tissues. It gives red blood cells their color.
- *Hematocrit* — This test examines the amount of red blood cells per total volume of blood.

Blood Pressure
High blood pressure is a risk factor for heart disease.

Height and weight
Staying at the ideal weight contributes to reducing the risk of chronic disease.

To take advantage of this great benefit, all we require is a minimum of 15 participants. With covered spouses eligible for the screening, all worksites are now able to meet our minimum of 15 participants to host a screening. You may also invite other state groups to participate. This will ensure you have enough participants registered. Retirees should contact the benefits administrator with their former employer to participate in a worksite screening.

Remember:

- Anyone can request a worksite screening and be the coordinator for the event.
- Being your worksite's screening coordinator is easy and requires very little work.
- Your screening can start early. Early scheduling means schools do not need to use an in-service day to host a screening.

To host a worksite screening, complete and fax us a copy of the Worksite Screening Request Form, available online at www.eip.sc.gov. Click on "Prevention Partners" on the left side of the page, and choose "Early Detection." You'll see the Worksite Screening Request Form listed and can print a copy to complete.