

Health Screenings

75% of medical costs come from largely preventable diseases including cancer, hypertension, diabetes, and heart disease.

These chronic conditions are often not detected and diagnosed. For example, Cardiovascular disease takes the lives of nearly 600,000 people and costs about \$108.9 billion each year in the U.S., including the cost of healthcare services, medications, and lost productivity. The health screening allows employees to take control of their health in a proactive way.

Our health screenings including health risk assessment and biometric screenings capture key measures for normal and high risk levels of health. The HRA addresses health risk, heart disease risk, diabetes risk and stroke risk. The biometric screenings include blood pressure, body mass, waist circumference and a comprehensive lipid panel.



Comprehensive Lipid Panel



Blood Pressure



Body Mass Index



Waist Circumference

This health screening provides several benefits to the employee:

- Immediate risk identification and counseling (results within 5 minutes for a finger stick!)
- Convenience which increases participation
- A trip saved to their physician
- Face-to-face counseling and education on risk
- Early intervention and prevention of chronic conditions
- Referral to Lifestyle Health services based on needs
- Results electronically uploaded into Epic for viewing by healthcare providers

Results and Testimonials

83% of adults screened by UHealth plan to make a positive change to their nutrition and 67% plan to increase their level of physical activity.

“The screening was great and very eye-opening!” – PSD McGraw Elementary Teacher

“Being identified as high risk inspired me and my co-worker to be each other’s exercise buddies and hold each other accountable.” – TSD Carrie Martin Elementary Staff