

## ATTENTION ALL LAKE CENTRAL SCHOOL EMPLOYEES: IT'S TIME FOR YOUR ANNUAL WELLNESS SCREENING

### Why do I need a wellness screening?

Wellness screenings are a vital part of maintaining good health. Screenings will provide an assessment of your health status, indicate health risks, and can help identify early stages of disease. Early disease detection is the key to successful treatment.

### Where can I go to get my wellness screening?

Franciscan Healthy U @ Work makes it convenient for you. We will be on-site at your workplace to draw labs (see scheduled dates/times below).

### Is there a charge for the wellness screening?

All Lake Central employees, spouses and retirees who are covered by Lake Central School Corporation's health insurance plan may receive the general Wellness Panel **FREE OF CHARGE!** The cost for uninsured individuals is only \$42. There will also be several optional testing available at a reduced rate for all participants (see page 2 for descriptions and pricing). The Measles Titer will also be available to all insured employees free of charge!

### How do I get my results?

Your confidential lab results will be mailed to your home within 2 weeks of testing. We recommend that you follow up with your primary physician to discuss these test results. If you are in need of a primary physician, Franciscan Physician Network can provide you with a highly skilled physician who can exceed your healthcare needs. Call the physician referral line at 800-931-3322 or visit [fpndocs.org](http://fpndocs.org). **PLEASE NOTE:** This screening is not meant to be a substitute for a thorough examination or testing recommended by a physician. The results received from this wellness screening are preliminary, for informational use only, and are not diagnostic or conclusive.

### Can I receive a discount on my insurance premium?

All Lake Central employees who get a general wellness panel blood test and participate in the 2017 Benefits and Wellness group quiz will receive a discount on their November and December insurance premium (\$120 for individual plan and family plan. Discount is not available to retirees).

### Is there anything else I need to know about the test?

- You need to fast 10 hours prior to your screening appointment (be sure to drink plenty of water).
- You may continue taking any prescription or over-the-counter medication with water only
- Payment for all optional testing is due at time of service. Make checks payable to Franciscan Working Well.
- All participants will be entered into a drawing to receive a free gift!

**Don't miss your opportunity to take advantage of this great service!  
Schedule your appointment today (see page 2 for details)**



#### 2017 On-site Wellness Screening Schedule

Thursday, August 10<sup>th</sup> from 6am to 9am

Friday, August 11<sup>th</sup> from 6am to 9am

Lake Central High School

Nurses Station

8400 Wicker Ave.

St. John, IN 46373

LAB TESTS		
Wellness Panel	This test is an excellent tool for determining general health. It includes a full blood chemistry panel (including glucose, kidney/liver function), full lipid workup (cholesterol, HDL, LDL, and triglycerides), a complete blood count, and the Hemoglobin A1C which measures average blood sugar levels over the past 3 months.	FREE (See below)
OPTIONAL LAB TESTS		
Blood Type	This information is useful when a blood transfusion becomes necessary or if you wish to donate blood.	\$10.00
C-Reactive Protein (Included in Cardiac Profile)	This test measures CRP produced in liver and muscle cells within the coronary arteries. Elevated CRP may increase the risk of heart attack, stroke, rheumatoid arthritis, cancer and lupus.	\$20.00
Lipoprotein A (Included in Cardiac Profile)	Studies show that individuals with high lipoprotein levels are prone to early heart disease. Lipoproteins are believed to contribute to the formation of blood clots.	\$25.00
Measles Titer	This test measures the presence of measles antibodies in the blood and determines immunity to the measles virus.	FREE (See below)
PSA (Men age 40 & over)	This test in combination with a doctor's digital rectal examination is useful in alerting men to the possible presence of prostate cancer and other prostate abnormalities.	\$20.00
TSH (Included in Thyroid Profile)	This test detects several thyroid gland disorders which may cause weight gain, depression, forgetfulness, fatigue, vision problems, enlarged thyroid glands, and other health problems.	\$20.00
Vitamin B12	This test measures the level of vitamin B12 which is necessary for proper function and development of the brain, nerves, blood cells, and many other parts of the body. Deficiencies can cause several symptoms including fatigue, shortness of breath, neuropathy, anemia, confusion, and irritability.	\$30.00
Vitamin D	This screening measures the 25 vitamin D levels. Deficiency can be associated with increased risk of cardiovascular disease, diabetes, and hypertension.	\$25.00
Bone Density	This screening is valuable for determining possible bone loss and risk factors for osteoporosis.	\$20.00
OPTIONAL PROFILE PACKAGES		
Anemia Profile	These tests screen for iron deficiency anemia resulting from low hemoglobin levels. Iron deficiency anemia is the most common type of anemia. <b>Includes reticulocyte count and iron with TIBC (binding capacity).</b>	\$20.00
Arthritis Profile	These tests screen for arthritis which is the most common cause of joint stiffness. Testing may be able to distinguish between inflammatory or rheumatoid arthritis and non-inflammatory or osteoarthritis. <b>Includes anti-nuclear antibody (ANA), rheumatoid arthritis, and c-reactive protein (non-cardiac).</b>	\$60.00
Cardiac Profile	These tests are used to screen for health factors that may increase your risk of cardiovascular disease. <b>Includes c-reactive protein (high-sensitivity) and lipoprotein A.</b>	\$40.00
Thyroid Profile	These tests detect several thyroid gland disorders. <b>Includes TSH, T3 total, and T4 total.</b>	\$38.00

### Online Registration

1. Access the Franciscan Working *Well* online scheduler by entering <http://www.franciscanhammondclinic.org/clients/users/login.asp> in the browser address field.
2. **New User:** Click the link “**NEW USERS CLICK HERE TO SIGN UP.**” You will then be asked for information to set-up your online account. **IMPORTANT: under company, select “Lake Central School Corporation.” You must select the correct company in order to schedule.** Upon completion, scroll to the bottom, check the HIPAA Compliance box and click “**Submit.**” Proceed to Step 3. **Existing User:** If you have registered online in the past, enter your first name, last name, and birth date in the requested fields and click “**Login.**” Review and update your account information if necessary. Upon verification of your account information scroll to the bottom, check the HIPAA Compliance box and click “**Submit.**”
3. On the next page you will see Lake Central’s scheduled event dates. Click on “**Lake Central Wellness**” next to the date you wish to attend. Select a “**Time Slot**” and select the “**Tests**” that you wish to enroll in. After completing your selection, you must scroll to the top of the time slot and click “**Submit.**” **You may wish to print the confirmation page to serve as an appointment reminder.**
4. If you need to cancel an appointment, log into the site and click “**View Programs I Am Enrolled In.**” Check the box next to the appointment and then click “**Remove Me.**” You must cancel an appointment before signing up for a new one. For phone registration call 219-465-6460.

**\*\*Please note\*\***

- **The Wellness Panel is free to employees, spouses, and retirees who are insured by Lake Central’s health plan. Charge for those without coverage is \$42.**
- **The Measles Titer is free to employees who are insured by Lake Central’s health plan. Charge for those without coverage is \$40.**

**Franciscan WorkingWell**  
Healthy U @ Work

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[www.workingwellsite.org](http://www.workingwellsite.org)

**Take time for a healthier U!**