

## IT'S TIME FOR YOUR ANNUAL WELLNESS SCREENING

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

Franciscan WorkingWell ON-SITE makes it convenient for you. We will be on-site at your workplace (see scheduled dates/times below).

### How much does the wellness screening cost?

All Lake Central employees, spouses, and retirees who are insured under Lake Central School Corporation's health insurance plan will receive the general Wellness Panel **free of charge!** The cost for uninsured participants is only \$42. Several optional screenings will also be available at a discounted rate (see page 2 for test offerings and descriptions). The Measles Titer will also be available to all insured employees free of charge! **See page 2 to schedule your appointment.**

### 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 [www.fpndocs.org](http://www.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 insured Lake Central employees who get a general wellness panel blood test and the COVID antibody test (see below) will receive a discount on their December insurance premium (\$121 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 (for the wellness panel only). Be sure to drink plenty of water.
- You may continue taking any prescription or over-the-counter medication with water only.
- We recommend wearing a short-sleeved shirt.
- Payment for all optional screenings is due at time of service. Make checks payable to Franciscan Working Well. **Now accepting credit, debit, and HSA cards!**
- **You will be required to wear a mask.**
- Please register for an appointment. Walk-ins may be turned away and asked to return at a later time.

**\*\*\*NEW THIS YEAR: COVID antibody testing will be available free of charge to all Lake Central employees and their dependents age 12 and over. More communication to follow.**



#### **2020 On-site Wellness Screening Schedule**

**Wednesday, July 15<sup>th</sup> from 6am to 10:30am**

**Thursday, July 16<sup>th</sup> from 6am to 10:30am**

**Friday, July 17<sup>th</sup> from 6am to 10:30am**

**Monday, July 20<sup>th</sup> from 6am to 10:30am**

**Lake Central High School**

**Hallway outside of the Nurse's Station**

**8400 Wicker Ave.**

**St. John, IN 46373**

TEST	DESCRIPTION	COST
Wellness Panel	This test is an excellent tool for determining general health. It includes a full blood chemistry (including glucose, kidney/liver function), full lipid workup (cholesterol, HDL, LDL, and triglycerides), and a complete blood count.	FREE (See below)
<b>OPTIONAL LAB TESTS</b>		
C-Reactive Protein <i>(Included in Cardiac Profile)</i>	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
Hemoglobin A1C	This test measures average blood sugar levels for the past 3 months.	\$20.00
Lipoprotein A <i>(Included in Cardiac Profile)</i>	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 and 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 <i>(Included in Thyroid Profile)</i>	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
<b>OPTIONAL PROFILE PACKAGES</b>		
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. Enter [www.WorkingWell.org](http://www.WorkingWell.org) in your browser field. Under "Our Services" click on "Wellness Services." Scroll down to the "Online Scheduler" and click "Log In."
2. Under "Choose your company below" click "Lake Central School Corporation."
3. Under "Lake Central School Corporation" click "View Full Schedule." Click on the date that you wish to attend. Next click the time slot that you would like to reserve.
4. Once you have chosen your appointment, you will be prompted to login or create an account.
5. If you would like to receive text or email reminders for your appointment, enter your phone number or email address in the appropriate fields and click the corresponding notification in the gray "Contact Preferences" box.
6. Click the "Schedule Appointment" button and you will see that your appointment has been scheduled.
7. IMPORTANT: If you would like to reschedule an appointment, please login to your account first and cancel your existing appointment.

**\*\*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 and have not been tested in the past. Charge for those without coverage is \$40.

#### **Franciscan WorkingWell ON-SITE**

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Portage, IN46368  
P: 219-762-9744

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