



READY TO REACH YOUR TRUE POTENTIAL?

Illinois Valley Community College
2020 Wellbeing Assessment Guide



ILLINOIS VALLEY
COMMUNITY COLLEGE



Sign up today to take part in a wellbeing assessment and start your path to true potential!



All employees, spouses and their dependents age 18+ that are covered by IVCC health insurance are eligible to participate in the wellbeing assessment (online health risk assessment and biometric screening) at **no cost!**

All employees, spouses and their dependents age 18+ that are NOT covered by IVCC health insurance as well as retirees can participate for \$175.00

Any insured employee who completes a wellbeing assessment (online health risk assessment and biometric screening) will be eligible to earn a **2% discount** on their health premiums.



ONSITE SCREENINGS

Thursday, Friday & Monday
September 24th, 25th and
28th

6:00am – 11:00am

Rooms CTC-124 & CTC-125

Unable to attend an onsite screening? Keep reading for details on the remote option!

*[Click here](#) to learn more about CHC's COVID-19 safety protocols!



To register, go to app.chcw.com



Start here!

Enter in program code
4488IVC152 in the “New
Participants” box and click
“Log In”

Follow the prompts to register for
a screening and complete the
Health & Lifestyle Survey.

LABCORP SCREENING:

Follow the instructions to the left. When prompted to select a location, click “remote” for your screening appointment. To complete your registration process, [print out the two forms from the CHC portal](#) that you will need to take to a local LabCorp facility. You must visit a local LabCorp facility by **October 30th**

While appointments are not needed at LabCorp, they are recommended.

PHYSICIAN FORM:

Follow the instructions to the left. When prompted to select a location, click “physician screening” for your appointment. To complete the process, take the form to your physician and have them fill it out. You can upload the completed form to your CHC account by clicking the “upload my results” button or by having your physician fax the completed form to CHC Wellbeing at 847-437-2775 by **October 30th**

You’re successfully signed up for the screening!

If you need help during the registration process, [watch this video](#) for more information! You can also call 866-373-4242 to sign up for the screening over the phone.

DON'T FORGET! This is a fasting test! For precise results, please fast 10-12 hours before testing. You cannot eat but may have water, black coffee or tea (no cream or sugar). Be sure to stay hydrated starting the day prior to your screening in order to facilitate an easier blood draw. If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic.

Check out what your 37 panel screening tests for!

ANEMIA, INFECTIONS & CERTAIN CANCERS



Iron
WBC, RBC, MCV, MCH,
MCHC, RDW
Platelet Count
Hemoglobin
Hematocrit
Globulin, Calculated
A/G Ratio



HEART DISEASE & STROKE

Total Cholesterol
Triglycerides
HDL Cholesterol
LDL Cholesterol
Cholesterol/HDL Ratio
Calcium

KIDNEY DISEASE



BUN
Creatinine
BUN/Creatinine Ratio
Phosphorus
Sodium
Potassium
Chloride
Carbon Dioxide



NUTRITIONAL & GASTROINTESTINAL DISORDERS

Uric Acid

LIVER & GALLBLADDER



Bilirubin, Total
Bilirubin, Direct
Alkaline Phosphatase
AST, ALT, and GGT
Albumin



DIABETES

Blood Glucose
A1c

BLOOD PRESSURE READING



Taken before blood is drawn and repeated after blood draw if initial reading is elevated (white coat syndrome)



The CHC Wellbeing research-based **HEALTH & LIFESTYLE SURVEY** is a questionnaire that assesses lifestyle choices to better evaluate your overall health.

Add tests to learn more about your health!

Select your additional tests online or at the screening. Additional tests can be paid with check, credit/debit card, or FSA/HSA cards at the time of screening. Remote screenings require payment to be made online in advance.

HEART HEALTH

CARDIO C \$39

Detects inflammation and infections. Evaluates the possibility of developing heart disease.

HOMOCYSTEINE \$54

Linked to detecting early development of heart disease influenced by diet and genetic factors.

NMR \$99

Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy.

NUTRITIONAL & VITAMIN

VITAMIN D \$40

A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess.

B12 & FOLATE \$42

B12 & Folate are two vitamins for red blood cell formation. Detects deficiencies and anemias.

CANCER DETECTION/ OTHER

*PSA (PROSTATE) \$39

A protein produced by the prostate gland. High levels may indicate prostate enlargement or cancer.

BLOOD TYPE \$25

Determines blood type. A, B, AB, O and if an individual is RH negative or positive.

DIGESTIVE HEALTH

GLUTEN ALLERGY \$29

For individuals with suspected sensitivity to gluten. May help diagnose celiac disease.

H. PYLORI \$41

Detects infection of the gastrointestinal (GI) tract caused by the bacteria. Infection can lead to ulcers.

HORMONE

TESTOSTERONE \$42

A hormone found in men and women. Detect impotence in men and decreased libido in women.

*TSH (THYROID)

This thyroid hormone is produced by the pituitary gland. Detects an over an underactive thyroid.

Included at no additional cost for females age 40+

DIABETES DETECTION

*HEMOGLOBIN A1C

Average level of blood sugar over the past 2-3 months. Diagnose or treat Type 1 & Type 2

diabetes. **Included at no additional cost for all participants**

VIRUS *NEW*

SARS-CoV-2 Antibody, IgG \$105

Qualitative detection of IgG antibodies to SARS-CoV-2, the virus that causes COVID-19, to help identify individuals who have been exposed to the virus. Serologic results should not be used as the sole basis to diagnose or exclude recent SARS-CoV-2 infection. This test is recommended in individuals at least 10 days post symptom onset or following exposure to individuals with confirmed COVID-19.

Got Questions? We've Got Answers!

01 YES. CHC Wellbeing complies with all current HIPAA requirements, ensuring each individual's confidentiality. Neither your employer nor your insurance carrier receives any information pertaining to your personal tests and has no access to your personal information without your permission.

Is this a fasting test?

02 YES. For most precise results, you should fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic consult your physician for fasting instructions. Be sure to drink plenty of water.

What if I am unable to attend the onsite screening?

03 If you are not able to attend the onsite screening you can still complete an assessment at an offsite location. Follow the instructions on page 2 of this guide to sign up on the CHC portal. When prompted to select a location, click "remote" for your screening appointment. To complete your registration process, print out the two forms that you will need to take to a local LabCorp facility. You must visit a local LabCorp facility by **October 30, 2020**. [Watch this video](#) to learn more about signing up for a remote screening.

NOTE: Blood pressure is not taken at LabCorp; you will be prompted to enter it during registration. If a blood pressure measurement is not entered, you will not receive points for the blood pressure section of the biometric score and will be marked as high risk. We encourage you to visit a local pharmacy, physician, etc to get a reading completed.

What data should I have ready when completing the Health & Lifestyle Survey?

04 When completing the Health & Lifestyle Survey online or at the screening you will be asked to submit your height, weight and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure the circumference of your waist which is slightly above your belly button.

Can I send a copy of my results to my physician?

05 YES. If you would like CHC Wellbeing to fax a copy of your lab results to your personal physician, please provide your doctor's first and last name and FAX number when you schedule your screening. You can also bring this information to the onsite screening or email your results to your physician at any time on your CHC Wellbeing portal.

When will my results be available?

06 You will have access to your results and other health information online at app.chcw.com within 3-5 days after your screening. We at CHC Wellbeing pride ourselves on being a green company, and so we're pleased to provide convenient online access to your results on our member portal.

Is this a drug test?

07 NO. The voluntary wellbeing assessment is a simple blood draw, blood pressure reading and questionnaire that helps detect early stages of disease and disorders.