

# 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 WorkingWell ON-SITE makes it convenient for you. We will be on-site at your workplace at the Purdue University Northwest Hammond and Westville campuses to draw labs (see scheduled dates and times below).

## How much does the wellness screening cost?

All benefits-eligible Purdue University Northwest faculty, staff, official retirees, and spouses will receive one (1) **FREE** Wellness Panel per calendar year. Several optional screenings will also be available at a discounted rate (see page 2 for test offerings and descriptions).

## 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.franciscandocs.org](http://www.franciscandocs.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.

## 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.
- We recommend wearing a short-sleeved shirt.
- Payment for all optional screenings is due at time of service. Make checks payable to Franciscan WorkingWell. **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.

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

**Hammond Campus Wellness Screenings**  
**Fitness & Recreation Center**  
**Racquetball Courts**

- Tuesday, October 27<sup>th</sup> from 7am to 9am
- Wednesday, October 28<sup>th</sup> from 7am to 9am
- Thursday, November 5<sup>th</sup> from 7am to 9am

**Westville Campus Wellness Screenings**  
**Dworkin Student Services & Activities Center**  
**Room 1113**

- Thursday, October 29<sup>th</sup> from 7am to 9am
- Tuesday, November 3<sup>rd</sup> from 7am to 9am

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), a complete blood count, and the Hemoglobin A1C which measures average blood sugar levels for the past 3 months.	FREE (\$38 for ineligible)
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 <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
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
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
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
NON LAB-BASED TESTING		
Colocare Kit	This convenient, self-administered, take-home colon kit is used to assess risk of colorectal cancer. The kit includes 3 chemically treated testing sheets that will detect hidden blood in the stool	\$10.00
Vitamin B12 Shot	Vitamin B12 is used for treating and preventing vitamin B12 deficiency. It is also used for boosting mood, energy, concentration and the immune system, slowing aging, treating sleep disorders, depression and several other diseases.	\$15.00

#### Online Registration

1. Enter <https://franciscan.jellyfishhealth.com/questionnaire> in your browser field or scan the QR code.
2. Under "Choose your company below" click "Purdue University Northwest."
3. Navigate to the campus you would like to attend and 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 log in or create a new 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.



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

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