Vanderbilt Health and Wellness

**Basic Health Screening (Biometric data only)**

Biometric results will be given to the individual the *same day* of the screening via an informational handout.

**Biometric Measurements**
- Height and Weight (used to determine Body Mass Index)
- Blood Pressure
- Blood Work (venipuncture or Cholestech technology)
  - Lipid profile
    - Fasting profile - total cholesterol level, HDL (good), LDL (bad)
    - Non-fasting profile – total cholesterol level, HDL (good)
- Triglycerides (available only to employees who are fasting)
- Glucose

**Comprehensive Health Risk Appraisal and Health Screening**

- **Personal Health Survey**
The Personal Health Survey is an easy-to-follow survey that provides important information used to identify unhealthy behaviors and risks in the employee’s life. The Survey is available in print and online, in either English or Spanish.

- **Biometric Measurements**
  - Height and Weight (used to determine Body Mass Index)
  - Blood Pressure
  - Blood Work (venipuncture or Cholestech technology)
    - Lipid profile
      - Fasting profile - total cholesterol level, HDL (good), LDL (bad)
      - Non-fasting profile – total cholesterol level, HDL (good)
  - Triglycerides (available only to employees who are fasting)
  - Glucose

- **Personal Health Enhancement Report**
  This is custom-published tutorial that provides employees an assessment of individual lifestyle characteristics, associated health risks, guidance on how to reduce these risks, and a listing of recommended health screening and examination needs.

- **Group Feedback**
  - Provides interpretation of Personal Health Enhancement Report
  - Addresses questions and concerns related to report and biometric information

- **Employer Benefits**
  Online tools for the employer that include:
  - Aggregate Data
  - Plan Design with Incentives
  - Plan Review with Solutions

*For more information contact:*
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**Additional Services**
- Bone Density Screening (women)
- PSA Test (men)
- Fitness Testing
- Body Fat Analysis
- Flu Shots (Quadrivalent)

**Screening for osteoporosis**
- Blood work screening for prostate cancer
- Flexibility, muscular strength and endurance, cardio respiratory, grip strength
- Bioelectrical impedance analysis
- Influenza immunization

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