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 that may be present in the employee’s life. The Survey is available in both print and on-line, 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**
  It is a 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*
  - Aggregate Data
  - Plan Design with Incentives
  - Plan Review with Solutions

**Additional services**

- Bone Density Screening (women) – *Screening for osteoporosis*
- PSA Test (men) – *Blood work screening for prostate cancer*
- Fitness Testing – *Flexibility, muscular strength and endurance, cardio respiratory, grip strength*
- Body Fat Analysis
- Flu Shots

*For more information contact:*

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