



Corporate Health Risk Appraisal and Health Screenings

Comprehensive Health Screening

- **Personal Health Profile**
The PHP evaluates family history, stress, and several other crucial health factors to generate a complete report based on a self-reported health status.
- **Standard Physiological Measurements**
 - Height/Weight (used to determine Body Mass Index)
 - Blood pressure
- **Blood Work (venipuncture or Cholestech)**
 - 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 Report**
The PHR gives a complete health and lifestyle assessment based on current scientific guidelines for optimum wellness.
 - Outlines individual's results relative to health risk factors
 - Provides personalized recommendations and an accompanying learning guide
 - Motivates and teaches how to adopt a healthier lifestyle
- **Group Feedback**
Provides interpretation of Personal Report
Addresses questions and concerns related to reports and results
- **Executive Summary**
Demographic breakdown of employee population as compared to regional/national statistics. Human Resources will be provided an aggregate report.

Basic Health Screening

Includes:

- **Standard Physiological Measurements**
 - Weight
 - Blood pressure
 - Body Mass Index

- **Blood Work (Cholestech)**
 - 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

- **Results** are delivered the same day as screening.

Other Tests

Bone Density Screening (women)

PSA Testing (men)

Fitness Testing

Body Fat Testing

Carbon Monoxide Testing

Massage Therapy

Flu Shots (in season)

Immunizations

Questions?

Please call or email Regina Trainor

615-322-4751

regina.trainor@vanderbilt.edu