

TAKE CONTROL OF YOUR HEALTH GET YOUR BIOMETRIC SCREENING!

*The first step is having a clear understanding of your current health status. A **biometric screening** can give you valuable insight into your health risks – you can't change what you don't know. Many risks are silent and will not cause any symptoms. **The only way to know if you're at risk is to get tested!***

BLOOD LIPID PANEL

CHOLESTEROL

Excessive amounts of blood cholesterol may deposit as plaque in the walls of major blood vessels. This eventually leads to “hardening of the arteries” and impedes the flow of blood to important organs such as the heart. High blood cholesterol is one of the major risk factors for heart disease, the #1 killer in the United States.

HIGH DENSITY LIPOPROTEINS (HDL CHOLESTEROL)

Elevation of HDL – “good cholesterol” – helps keep cholesterol from building up in the arteries and is associated with a decreased risk of heart disease.

LOW-DENSITY LIPOPROTEIN (LDL CHOLESTEROL)

Elevation of LDL is associated with an increased risk for heart disease.

TRIGLYCERIDES

These are blood fats that represent the body's major reserve of chemical energy. Like your blood sugar, this measurement will be impacted by when and what you've eaten recently. Elevations not caused by recent food intake may be due to liver disease, diabetes, alcohol intake.

BLOOD GLUCOSE

High fasting blood glucose, also known as blood sugar, is an indicator of your risk for developing diabetes. Approximately 1 in 3 adults have pre-diabetes, yet only 7% are aware they have it! If caught early, you can prevent type 2 diabetes!

WEIGHT MANAGEMENT

Excessive body weight is one of our nation's most common health problems! It raises your risk of hypertension, dyslipidemia, type II diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, respiratory problems and cancer. Nearly 80% of obese adults suffer from diabetes, high blood pressure, coronary artery disease, high cholesterol, osteoarthritis, or a combination of these conditions. Weight management decreases risk profile, curtails high healthcare costs, and improves productivity in the workforce.

BODY MASS INDEX (BMI)

BMI describes relative body weight to height and significantly correlates with total body fat content, providing an indicator of overweight or obesity status. BMI's over 25 increase your risk for several diseases, particularly cardiovascular disease and diabetes. Even a small reduction of 5 to 10 percent in body weight reduces disease risk factors.

WAIST CIRCUMFERENCE

Where you carry your body fat matters! The presence of excess fat in the abdominal region is an independent predictor of risk factors (for individuals with a BMI <35) and has been linked to increased risk for cardiovascular disease, type II diabetes, dyslipidemia, hypertension and the need for gallbladder surgery.

BODY FAT

Want to know how much of your body weight is fat? Get it measured! Having too much body fat puts you at risk for many chronic conditions including insulin resistance and low-level chronic inflammation.

BLOOD PRESSURE

Blood pressure is the pressure in your circulatory system. 1 in 3 adults have high blood pressure, also known as hypertension. Untreated hypertension increases your risk for heart disease, stroke, dementia, kidney failure, and eye disease. The risk of cardiovascular disease doubles with each risk category – in other words, the higher your blood pressure the higher your risk!