

Wellness Kit



CANYON VIEW
MEDICAL

Table of Contents



Your Wellness Visit	2
Vaccines for Adults	3
Skin Exam	4
Exercise	5
Weight Loss & Nutrition	7
Dietary Guidelines	8
Urinary Incontinence, Falls, & Mental Health	9
Fatigue	10
Insomnia	11
Low Testosterone	12
Prostate Cancer Screening	13
Screening Test	14

Your Wellness Visit

THANK YOU FOR CHOOSING CANYON VIEW FAMILY MEDICAL FOR YOUR HEALTH CARE NEEDS.

The following pages provide information regarding many of the common tests that are often ordered during a wellness visit, as well as information regarding common health questions and concerns.

There are many reasons why it is a good idea to come in periodically for a complete wellness exam. During these visits your provider will review your overall health and discuss which of the different common tests may be warranted. The choice of tests depends on many factors including your age, health history, family history, habits, and current evidence-based recommendations.



Patient Education Handouts

We find it is helpful for our patients to have written information to expand knowledge regarding many different health issues and answer questions. On our website, CanyonViewMedical.com, under the News/Blog link, we have many other useful articles on various health topics. We encourage you to read and subscribe.



Communication With Your Provider

Many have expressed a desire to communicate electronically with our clinics. In answer to these requests we have a patient portal. This is a HIPAA compliant method of permitting patients and our medical offices to communicate with each other. Getting set up in the system is very simple. Please ask any of our staff members for information and help getting started.

Vaccines for Adults



Influenza Vaccine

Influenza is a very dangerous virus that infects and kills 30,000 to 40,000 people each year. This virus causes severe cough, sore throat, fever and body aches. Since it is caused by a virus, influenza can't be treated with antibiotics. It is different from the "stomach flu," and typically doesn't cause stomach upset or diarrhea. Every year researchers recommend an updated vaccine to protect us against the predicted virus mutations. The vaccine contains killed segment of the influenza virus and will not make you sick. With very few exceptions, we recommend that all patients be immunized every fall.

Previous _____ Due _____



Diphtheria, Tetanus and Pertussis Vaccine

Outbreaks of Pertussis or "whooping cough" are seen every year in Utah County. Many children and some adults die from this preventable disease. This vaccine is included as part of children and adolescents' regular immunizations. In the past, we have not emphasized adult vaccination, but this has changed as we attempt to decrease outbreaks. The adult booster vaccine is sometimes called the "Tdap". Adults who have not previously received a Tdap shot should get one, particularly if they will be around infants under one year. Pregnant mothers should be immunized in the last trimester to transfer immunity to their newborns. Another booster dose is recommended after 10 years.

Previous _____ Due _____



Pneumococcal Vaccines

Mistakenly called "the pneumonia shot," this vaccine actually protects against one specific type of bacteria, called pneumococcus. This bacteria can cause ear infections as well as life-threatening illnesses like pneumonia and meningitis. Children receive pneumococcal vaccinations as part of regular immunizations. There are now two different vaccines, given 6-12 months apart, that are recommended for adults 65 and older as well as younger patients who have chronic health problems or who may be at high risk for infection. Most patients need just one dose of each vaccine.

Previous _____ Due _____



Shingles Vaccine

There is a new, more effective vaccine for shingles called Shingrix, requiring two doses separated by 2-6 months. It is even recommended for those patients who have previously received the old Zostavax vaccine. It is not indicated to treat shingles.

After a person has chicken pox, the varicella zoster virus can survive in "hibernation" in the body's nerve cells. Years later, it can re-activate and cause shingles. Affecting the nerves, it causes pain, tingling, burning or itching, and often blistering rash. This vaccine reduces your risk of developing shingles and permanent nerve damage if you do develop shingles. Medicare will only pay for this vaccine through a pharmacy.

Previous _____ Due _____

Skin Exam



Every Month or Two, Everyone Should Check Their Skin

for new growths or other changes that might be cancerous. Most skin cancer can be cured if caught and treated early. In addition to doing routine skin self exams, you should have your skin checked regularly by your health care provider.



WHAT SKIN CHANGES ARE HARMFUL?

Think of the letters, A, B, C, and D to remember the guidelines to find moles that may be harmful and should be checked by your health care provider:

- **Asymmetry:** The shape of one half of the mole does not match the other.
- **Border:** The edges are often ragged, notched, blurred, or irregular. The pigment may spread into the surrounding skin.
- **Color:** The color is uneven. Shades of black, brown, and tan may be present. Even white, grey, red, pink, or blue may be seen.
- **Diameter:** There is a change in size. Melanomas are usually bigger than a pencil eraser (1/4" or 5 mm).



WHEN SHOULD I SEE MY HEALTH CARE PROVIDER?

If you have a mole that has any of the ABCD signs, see your health care provider. You should also see your health care provider if you have any lumps, moles, or sores that grow in size, change color or shape, bleed, are painful, or do not heal. Your provider will recommend when a mole needs to be removed. If you have already had skin cancer, it is even more important to have your skin checked regularly by your provider.



HOW SHOULD I DO A SKIN EXAM?

After a bath or shower, stand in front of a full-length mirror in a well-lighted room. Use a hand-held mirror to look at hard-to-see areas. Begin with the face and scalp and work downward, checking the head, neck, shoulders, back, chest, and so on. Be sure to check the front, back, and sides of the arms and legs. Also, check the groin, palms, fingernails, soles of the feet, toenails, and skin between the toes. Look for any changes or new growths. Use a comb or a blow dryer to help move hair so you can see the scalp and neck better. By checking your skin regularly, you will learn how your moles look and be able to watch for any changes, particularly a new black mole or a change in an existing mole. If you find anything unusual, see your health care provider right away. Remember, the earlier a melanoma is found, the better the chance for a cure.

Text adapted from the National Cancer Institute.

Exercise



Our bodies thrive on regular physical activity. Exercise has both physical and emotional rewards.

Exercise's physical effects decrease the risk of stroke, heart disease and Diabetes. It can:

- Lower Blood Pressure
- Lower Blood Sugar
- Lower Cholesterol
- Help maintain or achieve a healthy weight

Exercise affects brain chemistry. The emotional rewards of exercise include:

- More Energy
- More Physical and Emotional Stamina
- Help Treat Mild Depression
- Better Sleep

YOU NEED AEROBIC AND MUSCLE STRENGTHENING EXERCISE EACH WEEK.

Regular exercise will help you stay fit and healthy. You do not have to exercise strenuously! For example, regular, moderate activity, such as three, 10-minute walks a day, reduces your risk of death from heart disease by as much as 60%.



AEROBIC EXERCISE makes your lungs work harder to bring in more oxygen, and your heart pumps harder to send blood to the muscles, strengthening your lungs, heart, bones and muscles. A good initial goal is to build up to at least 2 hours and 30 minutes a week of moderate aerobic exercise, or 75 minutes (1 hour and 15 minutes) of vigorous exercise, or a combination of the two. Try to spread your workout time throughout the week. If your health care provider approves, get at least 5 hours of moderate exercise or 2 hours and 30 minutes of vigorous activity a week to get more benefits.

Some good aerobic activities are:

- Brisk Walking
- Jogging
- Swimming
- Climbing Stairs
- Riding a Bike
- Dancing
- Tennis
- Rowing
- Cross-Country Skiing
- Hiking



STRENGTH TRAINING is done to work and strengthen all major muscle groups of your body (legs, hips, back, abdomen, chest, shoulders, and arms). You can use gym equipment or your own body weight. It will make your muscles stronger and able to work longer without getting tired. Muscle mass burns more calories than fat so as your muscle increases, so does your ability to burn calories. You should do muscle strengthening two or more days a week.

Strength training activities include:

- Lifting Weights
- Resistance Bands Exercises
- Yoga
- Exercises that Use Body Weight for Resistance
- Heavy Gardening

Stretching is also good exercise. It can improve your flexibility, and balance.

Choosing an Exercise Program:

- What physical activities do you enjoy?
- Do you prefer group or individual activities?
- What kind of program fits your schedule?
- Do you have any physical conditions?

THE FOLLOWING TABLE CAN HELP YOU PLAN YOUR EXERCISE PROGRAM. It lists the average number of calories burned per hour in some common physical activities.

Moderate Physical Activity

CALORIES PER HOUR FOR A 154-LB PERSON*

Hiking	370	Bicycling (More than 10 mph)	590
Light Gardening/Yard Work	330	Swimming (Slow Freestyle Laps)	510
Dancing	330	Vinyasa Yoga	490
Golf (Walking and Carrying Clubs)	330	Aerobics	480
Bicycling (Less than 10 mph)	290	Walking (4.5 mph)	460
Walking 3.5 mph	280	Heavy Yard Work (Chopping Wood)	440
Weight Lifting (General Light Workout)	220	Weight Lifting (Vigorous Effort)	440
Stretching or Gentle Yoga	180	Basketball (Vigorous)	440
Running/Jogging (5 mph)	590		

* Calories burned per hour will be higher if you weigh more than 154 pounds and lower if you weigh less. Source: Adapted from the *Dietary Guidelines for Americans 2005* Published by the US Department of Health and Human Services (HHS) and the US Department of Agriculture (USDA).



Warm-up and Cool Down

Include warm-up and cool-down exercises before and after aerobic exercise. For warm-up, start slowly and then gradually increase the pace over a 5-minute period. Then stretch the muscles and bend the joints you'll use while exercising for 5 to 10 minutes. This warms your muscles and joints by increasing the flow of blood to them, making them more flexible and less prone to injury. Hold each stretch for 30 seconds and do not bounce.

Right after exercise, allow your heart rate to return slowly to normal. For example, walking slowly for about 5 minutes will let you cool down and allow your heart and breathing to return to normal levels. Then stretch the muscles used during your exercise. Devote a total of 5 to 10 minutes for cool down. Warm-up and cool-down exercises can be interchangeable.

Weight Loss & Nutrition



What are the reasons to lose weight?

Being overweight increases your risk for high blood pressure, heart disease, stroke, diabetes, and cancer. If you are overweight, losing just 5 to 10 percent of your weight and keeping it off lowers your risk for most of these diseases. Your health care provider can give you a good idea of how your weight increases your risk.



What can I do to lose weight?

Losing weight most often means eating fewer calories, avoiding some foods, and exercising more. However, a weight-loss diet needs to give enough nutrition and a good variety of satisfying foods as well as fewer calories. A gradual change in eating and exercise habits works best to create a long-term lifestyle change.



What foods should I include in my diet?

In general, a healthy eating plan includes a lot of fruits, vegetables, whole grains, beans, fat-free or low-fat milk products, lean meats, eggs, nuts, seeds, and soy foods. It should also include foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Food journals, calorie trackers, and online applications are a great way to track calories. Seeing what you eat and drink will help you learn more about your eating patterns and food habits, and is one of the most effective weight-loss tools.



What foods should I avoid?

- Refined grain products (white rice, white flour)
- Refined carbohydrates (sugar)
- Saturated fats
- Fried foods
- Packaged meats
- Alcoholic drinks



What are calories?

A calorie is a way to measure the energy value of food. Your body burns calories for energy. To lose weight, eat fewer calories without giving up nutrition and burn more calories with more physical activity. You can lose one pound a week by eating 500 fewer calories a day than you need to keep your present weight. If you lose more than one to two pounds a week, you begin to lose muscle mass rather than fat.



What about weight-loss medications and surgeries?

There are weight-loss medications and surgeries approved by the FDA to treat those who are significantly overweight. Ask your healthcare provider if you think you may be a candidate.



Read diet reviews by nutritional professionals on the American Dietetic Association's website: EatRight.org



How will physical activity help me lose weight?

In addition to diet, daily walking can help you manage your weight. As you exercise you will burn calories. An increased level of exercise will have even more health benefits and improve the chance that you will lose weight and be able to keep a healthy weight. Walking for 15 to 30 minutes, 3 to 6 times a week, is a good start. If you are unable to walk, ask your health care provider to recommend another type of exercise.

You should also do some form of strength training using gym equipment or your own body weight two or more days a week. Muscle mass burns more calories than fat, so as your muscle mass increases, so does your ability to burn calories. Be sure to check with your healthcare provider before you start an exercise program.



How Do I Choose a Diet?

SOME DIETS ARE CONSIDERED FAD DIETS AND UNSAFE FOR THE LONG TERM. OTHERS ARE HEALTHY AND MAY BE RIGHT FOR YOU.



HIGH-PROTEIN, LOW-CARBOHYDRATE DIETS result in a quick loss of weight. Two well known examples are the Atkins Diet and the South Beach Diet. Most of these allow unlimited amounts of high-protein foods and limit other food groups. Carbohydrate content varies but usually is very low at first. A possible risk is that this diet limits foods that help lower the risk for cancer, heart disease, diabetes, and other health problems, such as whole grains, fruits, and vegetables. It is not clear if these diets are better than a calorie-controlled, low-fat diet for maintaining weight loss.



SPECIFIC FOOD DIETS limit you to a few specific foods and are a type of fad diet. These diets do not count calories, are boring, depend mostly on willpower, and may result in vitamin and mineral deficiencies after just a few days. Examples are the grapefruit diet and the cabbage diet.



BALANCED NUTRITION DIET PLANS are higher carbohydrate, low-saturated-fat diets that more closely follow the Dietary Guidelines for Americans and recommendations from the American Heart Association and Cancer Society. Examples are the Mayo Clinic Healthy Weight Pyramid, American Heart Association, and Mediterranean diets.



CALORIE-CONSCIOUS COMMERCIAL PROGRAMS AND WEIGHT-LOSS CLINICS offer group support and motivation for the dieter, a wide variety of foods, and meal plans of 500 to 1,500 calories a day. The cost for these programs vary. Some programs, such as Weight Watchers, can give excellent support for changing bad eating habits and sticking to your weight-loss diet.

Dietary Guidelines

FOLLOWING A HEALTHY EATING PATTERN INVOLVES CONSUMING FOODS AND BEVERAGES WITHIN AN APPROPRIATE CALORIE LEVEL.



A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy and other fruits, especially whole fruits.
- Grains, at least half of which are whole grains.
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
- Oils.



A healthy eating pattern limits:

- Added sugars, saturated fats and trans fats, and sodium.
- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent of calories per day from saturated fats.
- Consume less than 2,300 milligrams per day of sodium.
- If alcohol is consumed it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

Urinary Incontinence, Falls, & Mental Health



KNOW WHERE TO START THE CONVERSATION

<p>Urinary Incontinence</p> <ul style="list-style-type: none"> You leak urine on a daily basis. You are taking a prescription for urinary leakage. 	<p>BIGGER PROBLEM</p>	<p>Falls</p> <ul style="list-style-type: none"> You have had a fall. You use a cane or walker. You have a vision or hearing problem. You have high blood pressure.
<ul style="list-style-type: none"> You leak urine occasionally, such as when you laugh. You are treating the problem with bladder exercises. 	<p>SMALL PROBLEM</p>	<ul style="list-style-type: none"> You have trouble with balance or walking.
<ul style="list-style-type: none"> You may not have a bladder problem, but remember to talk with your doctor about any concerns. 	<p>NO PROBLEM</p>	<ul style="list-style-type: none"> You may not have a problem with falls, but remember to talk to your doctor about any concerns you may have.

Treatment Options

URINARY INCONTINENCE

- Exercises.
- Bladder training.
- Medication.
- Surgery.
- Other.

FALL PREVENTION

- Use a cane or walker.
- Check your blood pressure lying down and standing.
- Take part in an exercise or physical therapy program.
- Have your vision or hearing tested.
- Other.



MENTAL HEALTH

Has your doctor or other health provider talked to you about your mental or emotional health or things like feelings of stress, depression or anxiety?

Fatigue



THERE ARE NUMEROUS CAUSES OF FATIGUE that range from lifestyle to physiological. A person may be fatigued from too much caffeine or not getting enough sleep or because of diabetes or low thyroid hormone production. When fatigue lasts longer than a month and interferes with daily living, it's time to see a health care provider. The workup for fatigue usually takes two appointments—the first for an exam and blood draws, the second for test review and treatment initiation.

WE RECOMMEND THE FOLLOWING LIFESTYLE CHANGES TO EVERYONE WITH FATIGUE. IF EACH OF THESE SUGGESTIONS IS IMPLEMENTED, FATIGUE IS LIKELY TO RESOLVE OVER SEVERAL WEEKS TO MONTHS.

1. Exercise regularly.

It is preferable to exercise every day to release natural hormones that improve energy, strengthen muscle, and improve stamina. If you can't do that, get out at least three times a week. Cardiovascular exercise like walking, running, swimming, or biking is best for at least 20 minutes a session. Weight training once or twice a week is also beneficial.

2. Get rid of junk food.

Simple carbohydrates (foods like white bread, noodles, and sweets) get metabolized very rapidly leaving a low-glucose level 1–2 hours after eating. They also cause weight gain. Instead choose whole-grain foods, fruits, and vegetables.

3. Get regular sleep.

The amount of sleep often is not as important as the pattern. Try and get to sleep and wake up at roughly the same time every day. Avoid naps unless you can take them daily and then nap for the same amount of time at the same time.

4. Get some sun.

While we do not want sunburns and need to cover up with sunscreen, daily exposure to bright light, such as from the sun, can improve mood and fatigue.

5. Treat depression.

Depression is a common cause of fatigue and if you don't get it treated appropriately, the fatigue will not get better. If you are untypically sad, can't sleep, or are losing or gaining weight, ask to get screened for depression. Symptoms do not need to be severe before you get treatment.

6. Use your brain.

Keeping your brain active by reading every day or doing a crossword puzzle or similar activity can improve your energy.

7. Get tested for sleep apnea.

Sleep apnea is a relatively common problem that leads to excessive fatigue along with other significant medical problems. It can occur in any body type and the initial screening can be done simply and in your own home.

8. Avoid quick fixes.

While caffeine and herbs can temporarily improve your energy, they typically cause rebound fatigue and are not useful in the long run.

9. Come in for follow up.

If you have implemented the previous suggestions and are not improving or worried about some sort of physical or psychological cause of fatigue, please return.

Insomnia



INSOMNIA CAN BE A MAJOR PROBLEM causing fatigue, attention difficulties, memory loss, and depression. There are many causes ranging from physical abnormalities to psychological problems. An inability to return to sleep after waking in the night is often a sign of an anxiety disorder. Lifestyle factors can also play a big role in our inability to fall asleep, such as shift work.

IF YOU HAVE SLEEP PROBLEMS TRY THE FOLLOWING:

1. Regular bedtimes.

Our bodies have circadian rhythms and like to keep to them. If we stay up late one or two nights a week it can throw us off and make the next several nights of sleep difficult. It's better to go to bed at midnight every night than to go to bed at 10 p.m. five nights a week and stay up until 2 a.m. twice a week.

2. Set the alarm.

With insomnia, it is vital to get up at the same approximate time every day. Even if you do not get to sleep until 2 a.m., sleeping in will only make insomnia the next night worse.

3. Avoid naps.

Like sleeping in, irregular naps can make falling asleep at night difficult. A short nap (30–60 min.) is okay if you can take that nap every day at the same time and you don't have trouble falling asleep.

4. Beds should only be used for sleeping and sex.

Lying in bed doing other activities trains our brain to think that beds are for staying awake in.

5. No electronics in the bedroom.

TV and other electronics are very stimulating to the brain and are responsible for a lot of insomnia.

6. Be mindful of substance intake.

Caffeine can stay in the body for 12–15 hours. If you can't sleep, avoid caffeine altogether until sleeping is not a problem. Never intake caffeine within eight hours of bedtime, tobacco within three hours, and no alcohol at bedtime.

7. Avoid decongestants.

These medications have stimulating effects similar to caffeine and should be avoided.

8. Exercise early in the day.

Regular exercise can make a person tired and ready for sleep. However, exercise after 7 p.m. may keep you awake.

9. Get out of bed if you can't sleep.

If you have been in bed for over 20 minutes and aren't asleep, get out and do something that is not stimulating. Do not eat, watch TV, or surf the internet. When you feel tired, get back in bed. Repeat if needed.

10. Do not eat right before bed.

Small amounts of some foods can make a person sleepy (warm milk or a little turkey). For most people food right before bed causes acid reflux. Try to limit food intake two to three hours before bed.

11. Get a checkup.

If you are not improving with these suggestions or if you are worried about a physical or psychological cause, make an appointment and we can check for sleep-disturbing illnesses.

Low Testosterone

FOLLOWING A HEALTHY EATING PATTERN INVOLVES CONSUMING FOODS AND BEVERAGES WITHIN AN APPROPRIATE CALORIE LEVEL.



What are the symptoms of low testosterone (Low T) in men?

- Feeling tired, especially at the end of the day.
- Decreased energy and motivation.
- Having little or no interest in sex (low libido).
- Decreased spontaneous erections.
- Feeling sad, down, and depressed.
- Loss of muscle mass, thinning bones.
- Decreased body hair.



What causes Low T in men?

- Age—the natural production of testosterone decreases as men get older.
- Chronic illness, such as liver and kidney disease, diabetes, sleep apnea, AIDS.
- Certain treatments for cancer of the prostate.
- Obesity.
- Chronic opiate use.
- High-dose glucocorticoids.



How do I check for “Low T”?

- Blood testing. Typically, other hormones and labs will also be checked.
- Testosterone testing should be done first thing in the morning, when levels are highest.
- Routine testosterone checks in males are not generally recommended. If you have symptoms of Low T discuss this with your healthcare provider.



How is testosterone replaced?

- Injectable form, administered weekly or bi-weekly.
- Topical forms, applied daily.



How often do I need to follow up after starting testosterone replacement?

You should be seen three months after starting treatment and then every six months. It is important to monitor labs for any possible adverse effects and make sure the medication is helping.



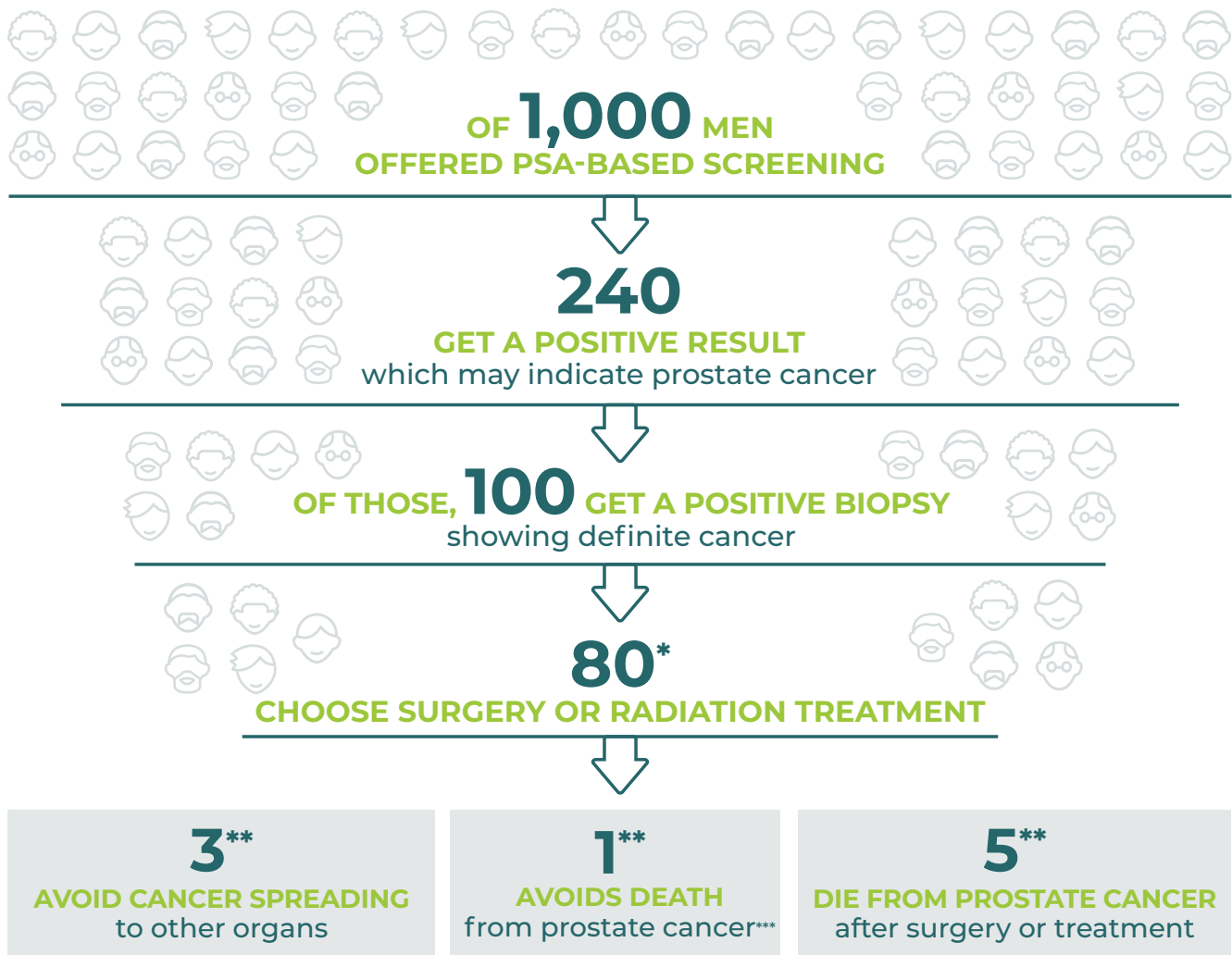
ARE THERE RISKS WHEN REPLACING TESTOSTERONE?

Replacing testosterone in a man who is low is generally safe, however there are potential side effects with any medication. Ask your health care provider for more information.

Is Prostate Cancer Screening Right for You?

Understanding the Potential Benefits vs. Risks for Men 55–69

THE PROSTATE-SPECIFIC ANTIGEN (PSA) SCREENING TEST is the most common method clinicians use to screen for prostate cancer. When a man has an elevated PSA level, it may be caused by prostate cancer, but it could also be caused by other conditions. The U.S. Preventive Services Task Force recommends that for men 55–69, the decision to receive PSA-based screening should be an individual one. Before deciding whether to be screened, men should have an opportunity to discuss the potential benefits and harms of screening.



NOTE: This summary document is based on a comprehensive review of PSA-based screening and treatment studies, and is meant for informational purposes. Men with questions should talk to a trusted health care professional to learn more about the potential benefits and harms of PSA-based screening. Estimates are based on benefits observed in the ERSPC trial for men aged 55 to 69 years and harms derived from pooled results from three treatment trials.

*This includes 65 men who choose surgery or radiation at diagnosis, as well as 15 men who choose to monitor their cancer initially and later have surgery or radiation when it progresses.

**Estimates based on benefits observed in the ERSPC trial for men aged 55 to 69 years and on treatment harms derived from pooled absolute rates in the treatment group in the three treatment trials (ProtecT, PIVOT, SPCG-4). Experienced harms may result directly from treatment, cancer, age, or other causes. Of men randomized to screening in the ERSPC trial, 83% had one or more PSA screening tests during the trial.

***1.3 deaths are avoided per 1,000 men offered PSA-based screening.

Data sources: Final Recommendation Statement: Screening for Prostate Cancer and Final Evidence Review: Screening for Prostate Cancer.

U.S. Preventive Services Task Force. May 2018. www.uspreventiveservicestaskforce.org

Screening Tests

COVERED WITH WELLNESS EXAMS



Lipid Panel

Measures cholesterol, triglycerides, HDI, and LDL levels.



Glucose

Simple test to screen for diabetes.



Pap Smear (Women Only)

Evaluates the cervix cells for cancer and for changes that may become cancerous.



Mammogram (Women Only)

Radiological screening for breast cancer, traditionally beginning at age 40.



Colonoscopy

Screens for colon cancer and precancerous/suspicious lesions in the large intestine. Recommended for everyone at age 45.



Bone Density

Measures bone density and can help evaluate fracture risk and complications.

OTHER DIAGNOSTIC TESTS



Complete Metabolic Panel (CMP)

Chemistry profile that screens liver and kidney function, electrolytes, variety of other proteins and chemicals, and checks for diabetes.



Complete Blood Count (CBC)

Screens for anemia and various other blood abnormalities.



Thyroid Testing (TSH)

Measures thyroid hormone levels that help regulate the body's metabolism.



Urinalysis (UA)

Screens for kidney disease, infections, bladder and kidney cancer and diabetes.



Electrocardiogram (EKG)

Records the electrical impulse that controls the heart beating.



Prostate Specific Antigen (PSA) (Men Only)

Test for men that screens for prostate cancer.

COPAY AND DEDUCTIBLES MAY APPLY.

DOES INSURANCE COVER IT? Most health insurance plans cover preventative screenings. It is always best to check with your insurance carrier to find out what is covered by your plan.