



Get to know yourself better.  
Attend our health screening event.



**Putting your knowledge to action is Powerful.**  
Get the information and guidance you need  
with the Wellness Screening Program.

# 1 SIMPLE ACTION

With all the health information coming at us today, it's hard to know where to start or what to trust. By taking **one simple action** – completing the Wellness Screening Program – you'll connect with the knowledge you need.

**The Wellness Screening Program is a great place to start. Here's how it works...**

In less than 30 minutes, your screening will include:

## Wellness Program Services:

- One simple blood draw that consists of 36 lab tests designed to detect disease or illness at the earliest stage
- A simple health risk questionnaire completed during your screening appointment to identify risk factors in your lifestyle
- Your blood pressure and body mass index (BMI)
- Educational summary report
- MyWellnessInfo.com health portal - support you can use when you choose to

## Additional Test Options:

- **Seasonal Flu shot** Participants must be 18 years of age or older and are subject to evaluation of health and medical history. Pregnant women in CA, DE, MO, NY, and WA are not eligible to participate in this flu vaccination program. State law prohibits pregnant women from receiving a flu shot containing Thimerosal.
- **PSA**, Prostate Specific Antigen, aids in the detection of benign and cancerous growth of the prostate
- **ColoCare®** take home self-test to detect hidden blood in the stool

# Comprehensive Panel C



## Comprehensive Testing Can Detect:

- Anemia, Infections and Certain Cancers
- Kidney Disease
- Diabetes
- Heart Disease and Stroke
- Thyroid Disease
- Liver and Gallbladder Abnormalities
- Nutritional Disorders
- Gastrointestinal Disorders

Through our Comprehensive Panel C (36 Blood Test) — you'll have the power to make wise choices, prevent serious illness and live life more fully.

\* A Hemoglobin A1c test will be run when a glucose result is measured at 100mg/dl or greater.

Cholesterol	BUN	Iron
Triglycerides	Creatinine	WBC
HDL Cholesterol	Calcium	RBC
LDL Cholesterol	Phosphorus	Hemoglobin
HDL/Cholesterol Risk Ratio	Sodium	Hematocrit
Total Bilirubin	Potassium	Platelet Count
Direct Bilirubin	Chloride	MCV
SGOT	eGFR	MCH
SGPT	Total Protein	RDW
GGT	Uric Acid	MCHC
Alkaline Phosphatase	Magnesium	T4
LD or LDH	Albumin	Glucose

**Want to know more?** Please call 866.935.5462

# Program Details

**Register today at: <https://register.wellness-inc.com/cbebt>  
or Call: 866.935.5462**

Catholic Charities - Wenatchee, WA

**Tuesday,  
September 29, 2015  
8:30 am - 10:30 am**

Christ the King Church - Richland, VA

**Wednesday,  
September 30, 2015  
7:00 am - 10:00 am**

PRIEST DAYS - Richland, VA

**Thursday,  
October 1, 2015  
6:00 am - 11:00 am**

The Pastoral Center - Yakima, WA

**Friday,  
October 2, 2015  
7:00 am - 12:00 pm**

**Please fast 8 hours and drink 2 glasses of water 1-2 hours  
prior to your appointment, wear loose fitting sleeves.**

CBEBT members must present their member ID cards at time of service.  
*Self-payments are required at time of service by check (checks payable to Optum)*  
Registration for this event will close at NOON Central time the day before your event.

WHO'S ELIGIBLE	PROGRAM FEE	SEASONAL FLU VACCINATION	PSA FOR MEN 50 YEARS AND OVER	COLOCARE®
CBEBT Member (18 years & older)	No cost to you	No cost to you	No cost to you	\$7
Non CBEBT Member (18 years & older)	\$105	\$25	\$39.50	\$7

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# WHY YOU SHOULD SIGN UP

<b>QUICK</b>	<b>Save Time:</b> Complete your onsite service in 30 minutes or less.
<b>LOW COST TO NO COST</b>	<b>Save Money:</b> The program, the results, the tips and the support are all included.
<b>RESULTS</b>	<b>Get Useful Results:</b> No confusing medical talk. Tips you can use, when you choose to.
<b>SUPPORT</b>	<b>Get Online Support:</b> 12 months of secure access to resources, past and present results and other tools.
<b>TRUST</b>	<b>Feel Secure:</b> Your Results are FOR YOU! By law, your employer cannot view your personal health information.
<b>CHOICE</b>	<b>Make a Choice:</b> We give you the results and a place to start. YOU choose what to do with the information. Share it with your doctor or simply use the results to know how you're doing from year to year.
<b>POWER</b>	<b>Remember, knowledge is POWER.</b> The information you get focuses on the things over which you have control and can change – the power YOU have to be your best at home, work and play.

Start taking control of your health.  
Take the first step and sign up today.





**Optum Biometrics, Inc.**  
4205 Westbrook Drive  
Aurora, IL 60504

TAKING ACTION IS  
**POWERFUL**

**1**  
**SIMPLE**  
**ACTION**