

On-Site Health Screenings

U.S. Mobile Health Exams offers high-quality health screening packages for companies with any type of health screen budget. By offering an array of Basic Health Screenings as well as Advanced Health Screenings, USMHE works with our clients to develop a comprehensive health screen event that fits YOUR company's culture.

Basic Screenings:

Many USMHE clients will incorporate a basic health screen package into a company-sponsored Health Fair. For clients who wish to deliver immediate results to their employees, we offer several finger-stick blood tests which can include fasting or non-fasting tests. Other clients may opt to provide more in-depth testing in which blood is drawn by venipuncture and analyzed by a laboratory. Our list of Basic Health Screenings includes:

- + **Blood Work**
- + **Body Mass Index (BMI)**
- + **Body Composition**
- + **Blood Pressure**
- + **Vision/Eye Exams**
- + **Health Risk Assessments**
- + **Immunizations**

Advanced Screenings:

For clients who wish to expand their wellness programs and offer more in-depth, comprehensive testing, USMHE provides an array of non-invasive Advanced Screenings. These screenings can provide valuable information about your employees' health that they can share with their own physicians. All screenings are reviewed by our Board Certified Medical Director and results and recommendations are forwarded to the participants in a timely manner. DVD copies of all ultrasounds are included in the employee packets. Our Advanced Health Screenings include:

- + **Ultrasounds**
 - Echocardiogram
 - Carotid Artery
 - Thyroid
 - Abdominal Aortic Aneurysm
- + **Bone Density Test**
- + **Electrocardiogram (EKG)**
- + **Arterial Stiffness Index (ASI)**
- + **Ankle Brachial Index (ABI)**
*also referred to as a PAD Test (*Peripheral Arterial Disease*)

Blood Tests

Lipid Profile

A Lipid Profile is a detailed measure of the fats in your blood. These measurements are important factors in determining your risk of developing cardiovascular disease. An 8-hour fast (*no food or beverages; water only*) is recommended to achieve an accurate result. USMHE can conduct a Lipid Profile test by drawing blood from an individual's vein (*venal draw*) or by means of a "finger stick". The Lipid Profile includes:

- + **Total Cholesterol:** A measure of the total amount of cholesterol in your blood at a given time. Cholesterol is an important part of a healthy body but too much cholesterol in the blood is a major risk for coronary heart disease and stroke.
- + **Triglycerides:** Fatty acids in your blood; stored as body fat.
- + **LDL (Low Density Lipoproteins):** Known as "bad" cholesterol, can slowly build up in the inner walls of the arteries that feed the heart and brain.
- + **HDL (High Density Lipoproteins):** Known as "good" cholesterol because high levels of HDL seem to protect against heart attack.

Glucose

Glucose is a measure of the sugar level in your blood. High glucose levels are often an indication of diabetes. An 8-hour fast (*no food or beverages; water only*) is recommended to achieve an accurate result. USMHE can conduct a Glucose test by drawing blood from an individual's vein (*venal draw*) or by means of a "finger stick".

HbA1c

The Hemoglobin A1C test is a blood test for diabetics to monitor how well their diabetes is being controlled.

Comprehensive Metabolic Panel (CMP)

A panel of blood components that provides important information about the current status of your kidney and liver functions, electrolyte and acid/base balance, blood sugar and blood proteins. The CMP includes:

- + **Glucose**
- + **Calcium**
- + **Proteins: Albumin, Total Protein**
- + **Electrolytes:** Sodium, Potassium, CO₂ (*carbon dioxide, bicarbonate*), Chloride
- + **Kidney Tests:** BUN (*blood urea nitrogen*), Creatinine
- + **Liver Tests:** ALP (*alkaline phosphatase*), ALT (*alanine amino transferase, also called SGPT*), AST (*aspartate amino transferase, also called SGOT*), Bilirubin

Blood Tests cont.

Complete Blood Count (CBC)

The CBC is a very common test used to help determine general health status. A physician may also order a CBC if a patient is having symptoms such as fatigue, weakness, infection, inflammation, bruising or bleeding. The CBC includes:

- + **Platelet count**
- + **Red blood cell count**
- + **White blood cell count**
- + **White blood cell differential** (*looks at the types of white blood cells present*)
- + **Hemoglobin** (*measures the amount of oxygen-carrying protein in the blood*)
- + **Hematocrit** (*measures the percentage of red blood cells in a given volume of whole blood*)

Prostate Specific Antigen (PSA)

Typically ordered for men over the age of 40, the PSA blood test is utilized to screen men for prostate cancer (*although there is currently no consensus about using this test to screen asymptomatic men for prostate cancer*), to help determine the necessity for a biopsy of the prostate, to monitor the effectiveness of treatment for prostate cancer and to detect recurrence of prostate cancer.

C-Reactive Protein (HsCRP)

A blood test which can be helpful in assessing a person's risk of developing heart disease, cardiovascular disease or other issues involving inflammation. It is now believed that inflammation plays a major role in atherosclerosis (*the narrowing of blood vessels due to build-up of cholesterol and other lipids*). High levels of CRP in otherwise healthy individuals have been found to be predictive of the future risk of a heart attack, stroke, sudden cardiac death and peripheral arterial disease, even when cholesterol levels are within an acceptable range.

Thyroid Panel with TSH

The Thyroid Panel with TSH is a blood test which is used to screen for thyroid disorders, such as hypothyroidism and hyperthyroidism.

VAP Cholesterol Test

The VAP Cholesterol Test reports 22 different components of cholesterol and thus is a more comprehensive cholesterol test than a standard lipid profile. Since the VAP test conducts a direct measure of LDL cholesterol, fasting is not required.

Ultrasound Screenings

Echocardiogram

A non-invasive ultrasound of the heart. An echocardiogram can provide a great deal of information about the heart, including the size and shape of the heart (*used in detecting an enlarged heart*), the thickness of the heart wall, the functioning capabilities of the heart valves and the blood-pumping ability of the heart chambers. By assessing the motion of the heart wall, an echocardiogram can help detect the presence of and assess the severity of any wall ischemia that may be associated with coronary artery disease. After the test is conducted by a certified sonographer, all results are reviewed by a Cardiologist. Each participant will receive a written review as well as a DVD copy of the ultrasound to share with his/her personal physician.

Carotid Artery Ultrasound

The Carotid Arteries deliver blood from the heart to the brain. A Carotid Artery ultrasound is a safe, painless procedure that uses sound waves to examine the structure and function of the carotid arteries in the neck. This ultrasound can reveal whether an artery has any blockage and how well blood flows through the artery. Results from a carotid ultrasound can help your doctor determine what kind of treatment you may need to lower your risk of stroke if any blockage is detected. After the test is conducted by a certified sonographer, the results are reviewed by USMHE's Board Certified Medical Director. Each participant will receive a written review as well as a DVD copy of the ultrasound to share with his/her personal physician.

Thyroid Ultrasound

A Thyroid Ultrasound will detect any visual abnormalities in the thyroid glands such as cysts, enlarged thyroid glands, thyroid nodules and tumors. After the test is conducted by a certified sonographer, the results are reviewed by USMHE's Board Certified Medical Director. Each participant will receive a written review as well as a DVD copy of the ultrasound to share with his/her personal physician.

Abdominal Aortic Aneurysm (AAA) Ultrasound

The abdominal aorta is the large blood vessel that supplies blood to the abdomen, pelvis and legs. An aneurysm is when the blood vessel becomes abnormally large or balloons outward. Aneurysms often have no symptoms but can leak or rupture suddenly. The AAA ultrasound can detect the aneurysm so that treatment can be determined and administered accordingly. After the test is conducted by a certified sonographer, the results are reviewed by USMHE's Board Certified Medical Director. Each participant will receive a written review as well as a DVD copy of the ultrasound to share with his/her personal physician.

Other Advanced Screenings

Bone Density Test (Osteoporosis screening)

A Bone Density Test can tell if an individual is at risk of osteoporosis. USMHE's bone density screening is a simple, non-invasive screening of the heel bone. The test takes less than 5 minutes and a print-out is provided immediately after the test which provides a T-Score and a Z-Score. Participants can share these scores with their personal physicians or a medical review can be conducted by USMHE's Board Certified Medical Director after the screening event. Each participant would then receive a written review of their condition as well as a printout from the bone density machine.

Electrocardiogram (EKG)

An EKG is a test that views the electrical activity of the heart. This test can provide information about a previous heart attack and detect the causes of chest pain and heart disease. After the test is conducted by a certified health professional, all EKG results are reviewed by USMHE's Board Certified Medical Director. Each participant will receive a written review as well as a copy of the EKG "strip".

Arterial Stiffness Index (ASI)

The ASI is a number that correlates with Arteriosclerosis (*hardening of the arteries*). Because arteriosclerosis reduces flexibility in arteries, the higher the ASI, the more likely someone is to have hardening of the arteries. The ASI can be viewed as another cardiovascular "risk factor", much like high blood pressure or high cholesterol. The ASI screening is conducted by a certified health professional and takes approximately 5-10 minutes. Results are reviewed by USMHE's Board Certified Medical Director after the screening event. Each participant will receive a written review as well as a print out from the ASI software to share with his/her personal physician.

Ankle Brachial Index (ABI)

**also referred to as a PAD Test (Peripheral Arterial Disease)*

The Ankle-Brachial Index (ABI) is a measurement that is useful in evaluating the adequacy of the circulation in your legs. The ABI screening measures the blood pressure in your ankle and in your arm. The two numbers are compared by forming a ratio to determine your ABI. Normally the blood pressures in your ankle and arm should be about equal. However, if your ankle pressures are lower than your arm pressures, your leg arteries are probably narrowed, possibly indicating Peripheral Arterial Disease. The ABI screening is conducted by a certified health professional and takes approximately 15 minutes. Results are reviewed by USMHE's Board Certified Medical Director after the screening event. Each participant will receive a written review as well as a print-out from the ASI/ABI software to share with his/her personal physician.

Other Basic Screenings

Body Mass Index (BMI)

The body mass index is the ratio of a person's weight to height. BMI is commonly used to classify a person's weight as being "healthy" or "unhealthy". It is meant to be used as a simple means of classifying sedentary (*physically inactive*) individuals with an average body composition.

Body Composition (Body Fat)

USMHE's Body Composition screening is a simple process in which the participant stands barefoot on a digital scale. The scale provides a readout of the person's body fat percentage and weight.

Blood Pressure

Blood pressure refers to the force exerted by circulating blood on the walls of blood vessels. The pressure of the circulating blood decreases as blood moves through your arteries, capillaries, and veins. High blood pressure, often referred to as the "silent killer", can lead to stroke, heart attack, heart failure or kidney failure.

Vision Screenings/Eye Exams

USMHE can conduct a number of different eye exams, including a Snellen Chart eye exam, a Jaeger Card eye exam and a Titmus Machine eye exam. Screenings include a visual acuity test, color blindness, depth perception and peripheral vision.

Health Risk Assessments with Aggregate Reports

U.S. Mobile Health Exams utilizes the patented Know Your Number[®] risk assessment program to deliver the most comprehensive Health Risk Assessment (*HRA*) to our clients. Know Your Number is completely evidence-based and educates individuals on how risk factors impact their health, with particular attention given to those risk factors that can be improved by lifestyle changes.

USMHE typically schedules a health screen "event" in which our medical technicians gather biometric data and health history information from your employees. This data is computed by the Know Your Number[®] risk assessment program and each employee receives a confidential report with their own 5-year risk assessment for developing: Coronary Heart Disease (*CHD*), Stroke, Diabetes, Congestive Heart Failure (*CHF*), Chronic Obstructive Pulmonary Disease (*COPD*) and Lung Cancer (*for smokers*). Employers receive an aggregate report which omits personalized data but provides health risk information for the company's population. This information can be useful in developing wellness programs specifically tailored to the risks that affect your company the most.

Immunizations

Flu Shots

The flu shot is an annual vaccine intended to protect individuals from the flu. USMHE typically schedules onsite flu shot clinics between September and January each year. Payment can be accepted directly from each participant, from the hosting organization or through health insurance claims.

Hepatitis B

Hepatitis B is a serious disease that affects the liver. Vaccinations for Hepatitis B can be scheduled at any time of the year. The vaccine is a 3-shot series, with the second shot administered at least 1 month after the first shot and the third shot administered 6 months after the first shot. A titer (*blood draw*) is often conducted afterwards to assess a person's immunity to the virus. Occasionally a pre-vaccine titer is conducted to determine if an individual is protected from a previous vaccine.

Pneumonia

Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. Pneumonia vaccinations can be scheduled at any time of the year but in occupational settings pneumonia shots are typically offered during annual flu shot clinics.

Other Immunizations.....

Can be provided at customer's request (*i.e., Hepatitis A, Tetanus, etc.*)