Preventive screening components

The preventive screening is a comprehensive, biometric screening that consists of, at a minimum, the tests and appraisals listed below. Please remember test results may vary based on provider.

1. A health risk appraisal inquiring about the following health topics:
   - smoking history
   - alcohol consumption
   - exercise
   - fat intake
   - perceived stress
   - prior health problems, including high blood pressure, past heart attack, diabetes or emotional problems
   - height and weight
   - perceived ideal body weight
   - total blood cholesterol
   - HDL cholesterol

2. A lipid panel including the following:
   - total cholesterol,
   - high density lipoprotein (HDL)
   - low density lipoprotein (LDL)
   - triglycerides
   - Chol/HDL ratio

3. Chemistry profile including BUN, creatinine, glucose and electrolytes

4. Hemogram including red and white blood cell, hemoglobin and hematocrit

5. Blood pressure

6. Height and weight