

## 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