

Know Your Numbers, Know Your Score

Each appointment will take approximately 15 minutes. During the confidential encounter, you will have a unique opportunity to discuss your health status, one-to-one, with a registered nurse or medical professional from The University of Vermont Medical Center. This brief encounter is intended to empower you to take charge of your health; it is not intended to take the place of a visit to your primary care physician.

This is NOT a fasting screening. Please eat your regular healthy meals and snacks.

During your appointment, the following information will be gathered:

- Consent for assessment and documentation of your health information
- Brief personal medical and demographic information
- Medication profile

The screening will consist of the following:

- Using the finger stick technique, blood will be collected and processed to measure total cholesterol and HDL (good) cholesterol and a random glucose
- Electronic blood pressure measurement
- A BMI calculation with the use of your height and weight information
- Waist measurement
- A review of your results and how they impact your general health status

During the review, the professional will help you to identify your health risk factors such as:

- High blood pressure
- High cholesterol levels
- Risk for Diabetes
- Overweight
- Physical inactivity
- Tobacco use

The registered nurse or medical professional can assist you in determining which behavior changes will have the best impact on altering your risks, such as:

- Following up with your primary care physician
- Identifying triggers for unhealthy eating patterns
- Creating a more nutritious//balanced diet
- Increasing the intensity and level of your physical activity
- Engaging in tobacco cessation
- Participation in preventative health care screenings appropriate for your age and gender

End result for you:

- Increased knowledge and understanding of your health risk factors
- Easy-to-read educational materials to assist you with changes
- Links to community resources
- Appropriate referrals for services
- Biometric information to allow you to complete an online health assessment
- Empowerment in knowing your health status and how to improve it

To schedule a screening with The University of Vermont Medical Center, contact Employer Health Management Services at (802) 922-9381.

