Summit Health administers health screenings that are voluntary and confidential. They are designed to assist in identifying potential health risks such as diabetes, high blood pressure and elevated cholesterol and to assist in taking positive action to improve your health and fitness.

The Health Screening Process
Summit Health specializes in a single station health screening set up. All tests will be performed by one nurse.
*It is important to realize that the screening flow may be altered by the vendor onsite in order to maximize participation flow and keep the screening on schedule.

STATION REGISTRATION
- The employee will be greeted and asked to sign in.
- Employee will be given paperwork to fill out which will be taken to the screening stations.
- At the end of the screening participants leave with a copy of their results and feedback on their current measurements, recommended norms and recommendations for actions if results are outside of those norms.

BLOOD WORK
- The employee will have cholesterol and glucose measured from a finger-stick.
- Results will be processed onsite within 5-7 minutes.
- FASTING test measuring: Total Cholesterol, HDL, LDL, Triglycerides and Glucose (9-12 hour fasting recommended) Water should be consumed to keep participant hydrated.

BLOOD PRESSURE
- The employee will be seated to have blood pressure measured.

HEIGHT, WEIGHT, BODY MASS INDEX & WAIST CIRCUMFERENCE
- The screening nurse will instruct the employee through measurement of height and weight. Body Mass Index will be calculated through height and weight measurements.
- It is recommended that shoes are removed to measure both height and weight
- Waist circumference is taken around the smallest area of the waist, just above the navel, but below the rib cage.

REVIEW OF RESULTS AND EDUCATIONAL FEEDBACK
- The nurse will review results of screening testing and provide appropriate education based on conversation.
- Results will be used to complete the Personal Health Profile on the PlayhouseSquare Wellness website.