

## 9Health Fair Screening Guide

Visit your 9Health Fair’s “**Talk with a Health Professional**” station to learn more about which screenings are right for you.

Screening	What Does It Mean To You?
<b>Blood Chemistry Screening</b> <i>(Blood Draw)</i>	Get a baseline check on your overall health with this screening. Having baseline information on your cholesterol, blood glucose, liver, kidneys, and more. These screenings can help you and your doctor monitor your health and prevent health issues from becoming emergencies. Information from this screening can also be used to complete your employers’ Health Risk Assessments (HRA).
<b>Blood Cell Count Screening</b> <i>(Blood Draw)</i>	This screening gives you a general picture of your overall health by checking your white blood cells, hematocrit, hemoglobin levels, and blood-clotting abilities. Your body’s ability to fight infection, anemia, liver disease and certain cancers can be discovered with this screening.
<b>Prostatic Specific Antigen (PSA)</b> <i>(Men Only Blood Draw)</i>	For <b>men</b> 40 and older, this screening checks for prostate cancer and looks for other prostate gland-related issues.
<b>Blood Pressure &amp; Pulse Screening</b>	This screening checks your blood pressure. High blood pressure can lead to stroke, heart attack, heart failure or kidney failure. Your pulse is checked to determine heart regularity and rate. Your blood pressure should not exceed 119/79.
<b>Vision Screening</b>	This screening checks how well you see at near and far distances by reading letters on a chart. If you already wear glasses or contacts you should wear them during this screening.
<b>Height, Weight, BMI Screening</b>	Learn if you are overweight, underweight or average weight with this screening. You are at risk for stroke, heart disease and other illnesses if you are overweight or obese. You are at risk for osteoporosis, bone fractures and other illnesses if you are abnormally underweight.
<b>Colon Cancer Screening Kit &amp; Education</b>	This take-home/mail-in kit checks for human blood in the stool. Also, learn about preventing colorectal cancer, one of the most preventable cancers, and why you should get a colonoscopy.
<b>Talk With A Health Professional Screening</b>	This screening lets you ask your local doctors and nurses any question you want about your health and discuss any health issue concerning you or your family.
<b>Finger Stick Glucose Screening</b>	If you meet two or more diabetes risk factors, you can take this screening, which checks for high and low blood sugar levels and for diabetes. Through a finger stick, your blood sugar levels are given to you in just a matter of minutes.
<b>Ask a Pharmacist Screening</b>	Discuss over-the-counter and/or prescribed medications, medication and/or vitamin interactions, vaccinations, osteoporosis & heart problems, medication safety, pharmacy services, smoking cessation and more with your local pharmacists.
<b>Body Fat Skinfold Screening</b>	Find out your body fat levels with this screening by having your skin, muscle and fat thickness measured. Maintaining good body fat and muscle levels increase your overall strength and metabolism and reduce your risk of injury.
<b>Body in Balance Screening</b>	This screening checks your body position and posture and checks your flexibility, strength and balance to help you prevent injuries to your neck, back, knee, ankle foot and other areas.
<b>Bone Health Screening</b>	If you meet two or more risk factors, you are eligible for this screening. Women and men with osteoporosis can break bones in the hip, spine, and wrist. There are no symptoms of osteoporosis until a fracture occurs. Postmenopausal, small, thin women are at greater risk for osteoporosis.

<b>Breast Screening</b>	With this screening, a doctor checks for breast cancer by looking at, and feeling your breast, chest and underarm areas for changes in shape, size or skin dimpling.
<b>Foot Screening</b>	This screening checks for foot problems such as corns, calluses, bunions, blisters, skin conditions, plantar warts and nerve and vascular issues. People with diabetes are vulnerable to nerve and vascular damage that can result in poor circulation and poor healing of foot sores and ulcers. Taking good care of your feet is very important in your overall health and wellness.
<b>Hearing Screening</b>	This screening checks your hearing by measuring your ability to hear high, medium and low range sounds.
<b>Lung Function Screening</b>	Find out if you have breathing issues such as asthma, Chronic Obstructive Pulmonary Disease (COPD) and pulmonary fibrosis with this screening. It measures the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled.
<b>Memory Screening</b>	The purpose of this screening is to test short term memory related to Alzheimer's Disease using a memory impairment screening tool. Education about dementia will be provided.
<b>Oral Screening</b>	This screening looks for tooth and gum disease and oral cancer by checking the inside of the mouth for sores and lesions.
<b>Pap smear Screening</b>	A Pap smear (sometimes called a cervical smear) looks at cervical cells and can help find abnormal cells before cancer develops. A doctor or nurse scrapes cells from your cervix and then sends them to a laboratory for evaluation. A report explaining your Pap smear results will be mailed to you within eight weeks.
<b>Prostate/Testicular Screening</b>	This screening checks for prostate and testicular cancer. The doctor will feel your prostate and testicles for any enlargement, lumps, swelling, shrinking and other abnormalities that can lead to prostate or testicular cancer.
<b>Pulse Oximetry Screening</b>	Check the amount of oxygen in your blood with this screening. An oximeter can detect low blood oxygen before symptoms occur which can lead to lung and heart problems.
<b>Skin Screening</b>	This screening checks for skin cancer and other skin problems. The doctor or nurse may look at your scalp, face, neck, arms, hands, upper chest, back and legs.
<b>Spinal Screening</b>	This purpose of this screening is to teach about the importance of proper spinal alignment required for a healthy body.
<b>Stress Management Screening</b>	Through a private questionnaire, this screening checks your mental wellness by asking you questions about how you cope with life's stressors. Mental health professionals are on hand for you to talk with, as well.