



UAW USE ONLY

ANNUAL PHYSICAL SCREENING FORM

Screening results must be from an Annual Physical that occurred between
February 1, 2017 – January 31, 2018

This form must be postmarked by January 31, 2018

Last Name (please print clearly): _____

First Name (please print clearly): _____ Male: Female:

Home Phone: _____ - _____ - _____ Date of Birth: ____ / ____ / ____

Spirit ID: _____ UHC ID #: _____

Voluntary Participation. My Health Care Provider is submitting data obtained during my annual physical which occurred between the dates of February 1, 2017 – January 31, 2018. I understand that my participation in this program, including the submission of this data, is completely voluntary and that in providing this information in the timeframe specified above, I will have completed the required activity for my Life-Style based medical premium for the 2018-2019 Plan Year.

Consent to Disclosure. I understand that my Spirit ID will be used only to identify my information and track my program participation. I also understand that my employer is prohibited from using information gathered through my participation to affect my employment in any way, and that my employer will never have access to my personal information without my written consent. However, I understand that my information may be disclosed to Via Christi, Rally, and Mercer Consulting only for the purpose of performing group statistical analysis by the aforementioned firms, their respective agents, and their employees. I also understand that my information may be entered into my Health Risk Assessment results by Rally, their respective agents and employees, if I decide to complete this activity. Except for these types of usage and the uses specified in my Health Risk Assessment consent, my personal information will be treated as completely confidential.

Confidential Participation. I understand that my participation will be known to Spirit, but that any biometric screening results will remain confidential as set forth in this consent. I understand that Via Christi, Rally, and Mercer Consulting respects and protects my privacy. My personally identifiable information, including my name, employee number and these screening results, will only be used by Via Christi, Rally, and Mercer Consulting for providing health management services to me, which includes using the information to inform me of relevant health improvement programs offered by Rally. Rally may only provide aggregate data to Spirit. Rally will not otherwise disclose any information about me to any third party except to the extent authorized by me or to comply with applicable law or valid legal process.

Accepted and Agreed:

My signature below is not to be considered as a written consent for the purpose of releasing my information to my employer.

Employee Signature: _____ Date: _____

-----To be completed by a licensed Health Care Provider for services received between 02/01/2017 – 01/31/2018 -----

Date of exam or lab testing: _____

Screening Exam	CHECK IF COMPLETED
Height	<input type="checkbox"/>
Weight	<input type="checkbox"/>
Waist Measurement	<input type="checkbox"/>
Blood Pressure	<input type="checkbox"/>
Cholesterol	<input type="checkbox"/>
Glucose	<input type="checkbox"/>

Health Care Provider Signature (reqd): _____ Date: _____

Office Street Address, including City and State _____

This form must be faxed, or postmarked and mailed to the address below by 01/31/2018.

Via Christi Occupational Health

% Arthur Jones

2535 E. Lincoln

Wichita, KS 67211

Fax #: 316-689-6957

Please keep a copy of this completed form for your records.

Your Cholesterol.

It is important to know your blood cholesterol level, as high cholesterol is a risk factor for heart disease. Cholesterol is a waxy substance that occurs naturally in all parts of the body and is required for normal functioning. Cholesterol is present in cell walls or membranes, including the brain, nerves, muscle, skin, liver, intestines and heart.

Your body produces all the cholesterol it needs. Over time, too much cholesterol can build up in the walls of your arteries. This causes “hardening of the arteries,” and decreases the size of the opening through which blood flows. Blood carries oxygen to the heart. When the arteries that carry blood to your heart muscle become clogged, your heart doesn’t get the oxygen it needs. This can result in a heart attack or coronary heart disease (CHD).

The good news is that you can lower your cholesterol and risk of heart disease by changing your eating habits (all animal products contain cholesterol but plant products do NOT contain cholesterol), becoming more physically active, quitting tobacco use and managing your stress.

Your HDL Cholesterol.

High Density Lipoprotein (HDL) is called “good” cholesterol. HDL carries cholesterol in the blood from other parts of the body back to the liver, which leads to its removal from the body. HDL helps keep cholesterol from building up in the walls of the arteries. If your level of HDL cholesterol is below 40 mg/dL, you are at substantially higher risk for heart disease. The higher your HDL cholesterol, the lower risk you have of heart disease.

Your Blood Pressure.

The heart pumps to move blood through the body. Blood travels from the heart through blood vessels called arteries. Blood pressure is a measure of how hard the blood pushes against the artery walls as it moves through the body. If your blood pressure is high, your heart has to work harder to move blood.

Blood pressure increases and decreases normally with daily activities. High blood pressure, or hypertension, occurs when your blood pressure becomes too high and stays there. High blood pressure is sometimes called the “silent killer” because it has no clear signs or symptoms — a person can have it and not know it. High blood pressure doesn’t make you feel dizzy or nervous but can cause heart disease, kidney disease and stroke. The higher your blood pressure, the higher your risk. That’s why you should have your blood pressure checked regularly.

There are some risk factors for high blood pressure that you can’t control, such as your family history, age, race and gender. However, you can control your eating habits by limiting foods high in salt and saturated fat, your physical activity level, your weight, tobacco use and stress level.

Your Systolic and Diastolic Blood Pressure.

Blood pressure is recorded as two numbers. Systolic pressure is the force of blood in the arteries as the heart beats. It is shown as the top number in a blood pressure reading. Diastolic pressure is the force of blood in the arteries as the heart relaxes between beats. It’s shown as the bottom number in a blood pressure reading. If either of these numbers is too high for two or three separate readings, you may be told that you have high blood pressure.

The diastolic blood pressure is an important measure of high blood pressure (hypertension), especially for younger people. As you become older, your diastolic pressure will begin to decrease and your systolic blood pressure will begin to increase and become more important. A rise in diastolic or systolic blood pressure increases your risk for heart attacks, strokes and kidney failure.

Your Glucose.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. During digestion, the body normally breaks down food into a form of simple sugar, called glucose. Any unused glucose circulates in the bloodstream and is stored as fat, resulting in obesity.

Approximately 20 million Americans have diabetes, and one in three does not know it! If not managed properly, diabetes can damage the eyes, kidneys, heart and circulation in the hands and feet, which can be life threatening. There are some uncontrollable risk factors for diabetes, such as family history, race, gender and age. The best way to avoid developing diabetes is to lead a healthy lifestyle and avoid the risk factors you can control, such as obesity and lack of physical activity.

Resources for You.

www.nhlbi.nih.gov

www.nutrition.gov

www.ymcawichita.org

www.fitness.gov

www.diabetes.org

www.cdc.gov/tobacco

www.healthfinder.gov