

We believe in the power of good health

FEEL THE POWER

Of Good Health

Sign Up Today!

LIVE THE POWER
Of Good Health

Christian Brothers
Employee Benefit Trust
& Wellness Inc.
are pleased to offer
The Wellness Screening Program

The 2008 Screening Package is FREE for
Christian Brothers Employee Benefit Trust
members age 18 years and older.

*CREBT members must present member ID card at screening.
Employees and spouses age 18 years and older are
entitled to medical benefits through the CREBT if they
participate at the sponsored price of \$100.00.
(ID to a 2008 10804)

Thursday, April 4, 2008
6:00AM - 9:00AM
Christian Brothers
Multi-Purpose Room
125 Christian Brothers Avenue
CITY, ST

Sign Up Online at:
<http://register.wellnessinc.com/ebts08.html>
or Call the Wellness Hotline at:
866.925.5462

Early Detection

Early detection is the key to staying well. Many diseases, disorders and illnesses can be detected through the Wellness Screening Program long before any symptoms are present. Early detection and prevention gives you the best opportunity to control and manage your health.

Talking It Up

Word gets around when good things are happening

"I made a copy of the results and sent them to my doctor... she was really impressed with the length and detail of the report."

"This was the first time I participated and believe me, it was great. Employees would be crazy not to take advantage of it."

"The courtesy of those providing the service was amazing. Each person at each station greeted me pleasantly... and was very efficient... it was the best screening ever!"

"The report was especially helpful and it was nice to receive it so easily in the mail."

"My Wellness Health Coach was just the support system I needed. With her help, I plan the extra online tools she recommended... and I reached my goal!"

WELLNESS INC.
4178 Opaka Avenue Aurora, IL 60014 818.238.4178
www.wellness-inc.com



WE BELIEVE
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Of Good Health

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BENEFIT FROM THE POWER

Of Good Health

The Health Screening Program

The Package Includes:

- Panel C - A comprehensive chemistry profile of 35 different tests, including CBC (complete blood count) and cholesterol profile. This panel is designed to identify early warning signs of heart disease, diabetes, liver abnormalities, nutritional deficiencies, kidney disease, thyroid disease, anemia, and cancer.
- Health Power Profile™ - A handheld palm based questionnaire used to generate a personal report, summarizing how your lifestyle choices are influencing your ability to stay healthy and prevent problems. It includes useful tips for making positive changes to improve your health.
- Blood Pressure Evaluation (BPE) - Your blood pressure results will be recorded and explained to you.
- PSA (Prostate Specific Antigen) - A blood screening to aid in the detection of benign and cancerous growth of the prostate. Recommended annually for men age 50, and over FREE for CREBT male members 50 years of age and older, or those with a family history of prostate cancer. All others not qualified pay \$20.00.
- Wellness Health Coaching - Each participant will have access to a professional Wellness Health Coach.

The following additional test will be offered on a first-come, first-served basis:

- Calcein™ - A saliva-based, self-test to detect hidden blood in the stool. This test can aid in the early detection of gastrointestinal disorders and colon cancer. Recommended for men and women age 50 and over. \$6.

Check Instructions:
Do NOT eat or drink (other than water) 8-12 hours prior to the test. DO NOT exercise or wear athletic clothes prior to the appointment. Do not use any over-the-counter or prescription medications. Consider taking your vitamins 24 hours prior to the screening. Please understand that you will receive your results in the mail. You will receive a personal report and a copy of your results. You will receive a personal report and a copy of your results. You will receive a personal report and a copy of your results. You will receive a personal report and a copy of your results.

Wellness Health Coaching Benefit:

All Participants can access our new personalized Wellness Health Coaching program.

After you get your results, you can sign up for your own Wellness Health Coach who will guide you to develop a personalized plan of action and help you achieve your health goals at whatever stage of readiness you are.

- Your coach will provide you with hand-selected educational materials at a pace that's just right for you.
- Communication between you and your Wellness Health Coach will be determined on an individual basis.
- Coaching sessions with your Wellness Health Coach may occur via email, telephone, and/or a variety of online activities.

Your Wellness Screening results packet will include information on how to access the Health Coaching program.



NEW 2008 Intervention:
Each screening participant will receive a FREE self-care book with instructional DVD! You must have your screening results to receive the self-care book.



Wellness Inc. is a trusted source of quality health screenings.

Participants receive the same quality care as those from their physician with the added advantage of on-site convenience and valuable educational reports. We make you to participate and benefit from the power of early detection screenings.

Our professional medical team is on call for you

The Wellness Screening Team includes nurses, blood technicians and other health care professionals experienced in on-site health screenings. Our medical team will walk you through your Wellness Screening in the 30 minutes. We look forward to serving you.

Your Wellness Screening includes:

- Supervising Licensed Nurse Reports and a Health Power Profile
- Our proprietary medical review software, under the direction of a Board Certified Medical Director, includes your test results for abnormalities. Within three weeks after your screening, you will receive your confidential report package. The goal is to provide you with key to understand test results.

Your FREE Personal Health Power Profile includes:

- 12 months of secure online access
- Fast and present wellness screening results
- New 2008 Wellness Health Coach Portal
- Single medical health resources, assessments & tools
- Health Encyclopedia
- Drug reference guide

Take the government out of staying healthy

Good health is the key to maximizing your quality of life. Consider taking time from 20 minutes out of your day to benefit from a significant investment in yourself. Participation in the Wellness Screening Program can give you the guidance you need to improve health. Support tomorrow.

The 2008 Wellness Screening Program Includes:

Online & Hotline Registration

Blood Pressure*

Height/Weight & BMI

Biometric Testing – Full Panel C

Health Power Profile™ (HRQ)

Employee Educational Report

Personal Health Portal

Additional Test Options:

PSA (Prostate Specific Antigen)

ColoCare®

New Benefits for 2008

Physicians Summary Report

FREE Self-Care Book w/ Instructional DVD

Wellness Health Coach Program



Employee Benefit Services
a division of Christian Brothers Services

WELLNESS INC. The Power of Good Health

Take A Closer Look At The Panel C - The comprehensive screening consists of a similar blood test profile that doctors use to help determine early stages of disease and disorders.

Heart Disease & Stroke

- Cholesterol
- Triglycerides
- HDL
- LDL
- HDL/Cholesterol-Risk Ratio
- Blood Pressure Check

Liver & Gallbladder Abnormalities

- Total and Direct Bilirubin
- Alkaline Phosphatase
- SGOT
- SGPT
- GGT
- Albumin
- Total Protein
- LD or LDH

Anemia, Infections & Certain Cancers

- Iron
- CBC (Complete Blood Count) includes:
 - White Blood Count (WBC)
 - Red Blood Count (RBC)
 - Hemoglobin
 - Platelet Count
 - Mean Corpuscular Hemoglobin (MCH)
 - Red Cell Distribution Width (RDW)
 - Mean Corpuscular Hemoglobin Concentration (MCHC)

Nutritional & Gastrointestinal Disorders

- Total Protein
- Albumin
- Uric Acid
- Calcium
- Iron
- Magnesium

Kidney Disease

- BUN
- Creatinine
- Calcium
- Phosphorus
- Sodium
- Potassium
- Chloride

Diabetes

- Blood Glucose

Thyroid Disease

- Thyroxine (T4)



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Screening Includes Empowering Educational Reports

Confidential, actionable reports are sent to participant's homes within 3 weeks, including overall health score, easy to read blood result analysis, a physician summary letter, physician report, and physician lab results.

Health POWER PROFILE
helping measure your success

Christian Brothers Employee Benefit Trust

Peter Sample
123 Main St
Aurora, IL 60504

Wellness Inc.
4170 Ogden Avenue
Aurora, IL 60504
Phone: 630-236-8770
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HEALTH POWER PROFILE

Thank you for participating in a health screening on 10/13/2004. This report is based on your answers to the Health Power Profile (HPP) questionnaire, your screening results and the latest health research. Your Total Health Score is 87% (a score of 100% is the best possible score). Each chart includes a national average from a database of people similar to you in age and gender who completed the HPP and screening.

As you review the report, remember:

- A score of 100% is achievable. Any score above 90% is considered excellent.
- The lower a score, the more that your life needs attention.

TOTAL HEALTH POWER SUCCESS

SCORE	PERCENTAGE
87%	87%
80%	75%

Your Total Health Power Success score is 87%. That score is 10% below the National Average of 97% for a male in his 40's. Your score has decreased by 16.2% since your last screening on 5/17/2007.

PETER'S CHOICES

Your report focuses on the things over which you have control and can change the power YOU have in your life. Specifically:

- Your scores measure the percentage of your personal choices and actions that are helping you stay healthy and prevent future problems.

YOUR CURRENT SUCCESS PROFILE

Item	Percentage
Semi-Retired	40.1%
Highly Active	16.4%
Very Active	16.7%
Active	18.8%
Very Inactive	10.7%
Completely Inactive	7.2%

YOUR CURRENT SUCCESS PROFILE

The Success Profile shows your Total Health Power Success rate as compared to national averages.

A positive change in just one choice can improve many areas of your life!

WEIGHT CONTROL

Your weight and Body Mass Index (BMI) increase while more calories are being consumed than are being burned by physical activity. But your Body Mass Index (BMI) can increase even while your weight remains stable. BMI can get smaller and are replaced by fat as a result of lack of exercise.

Your Body Mass Index (BMI) affects your health more than weight does. Every five in Body Mass Index (BMI) increases your risk for:

- High blood pressure, clogged blood vessels, heart attacks and stroke.
- Diabetes, loss of vision and kidney failure.
- Breast, colon and other cancers.
- Muscle and bone related problems such as loose or hip displacements.

See your doctor about any unexplained gain or loss of weight as it could be due to a medical condition.

Finally, to improve your Weight Control success:

- Focus on eating healthier every day instead of trying diet fads.
- Get and stay physically active doing activities you like every day.
- Reduce the number of sugar calories (sugar with little or no nutritional value) you consume. Look food labels whenever you choose an alternative of foods that contain a significant percentage of sugar calories.

Managing stress, boredom and compulsive eating can improve your weight control success.

WELLNESS INC.

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October 22, 2007

Dear Gary,

Please share this Patient Summary report with your Primary Care Physician.

FOR YOUR PRIMARY CARE PHYSICIAN

Your patient recently participated in a health screening and a health risk assessment. A health risk assessment report with the screening and risk assessment data is being provided to you.

Each patient received a longer, more-patient personal report named the Health Power Profile that contains detailed information designed to encourage them to improve existing risk factors and follow up with their physician, as appropriate. The two-page Patient Summary is designed to summarize to your doctor the most important issues to date and follow opportunities to improve each patient's health through their choices over reasonable risk factors.

SUGGESTED USE FOR THIS REPORT

- Review the report results with each patient in their own office visit.
- Consideration items to review they are already doing that are consistent in good health.
- Review risks that are present.
- Ask those which 1 or 2 actions they will start working on to improve their health and manage those as appropriate into through the longer process.
- Copy this summary report to the patient file for future management and health risk review.

THIS REPORT IS PROVIDED TO YOU IN RECOGNITION OF:

- The powerful educational, assessment and leading role you play as each patient's life.
- The importance of the doctor-patient relationship for better health and health care.
- The commitment to deliver the care to strengthen doctor-patient relationships and improve your success.

Life-time Success

The success summary reports to present and set with you and offers to help each patient toward better health.

WELLNESS INC.

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LABORATORY RESULTS

TEST NAME	UNIT	RESULT	WELL	REFERENCE RANGE	UNITS
WBC	#/mm ³	12.0	I	4.8-10.8	X 10 ⁹ /L
HGB	g/dL	15.2	I	13.8-15.6	g/dL
HCT	%	45.0	I	39.0-51.0	%
MCV	fL	100.0	I	84.0-100.0	fL
MCH	pg	32.0	I	27.0-34.0	pg
MCHC	g/dL	32.0	I	32.0-36.0	g/dL
RDW	%	13.8	I	11.6-14.6	%
PLATELET COUNT	#/mm ³	140.0	I	150.0-450.0	X 10 ⁹ /L

POWER TIP KEY

- Red light:** You are at Risk in this area.
- Yellow light:** You are at Risk in this area.
- Green light:** You are in the Green Zone. Keep it up!

My Action Plan

Check what you will do!

WEIGHT CONTROL SUCCESS

SCORE	PERCENTAGE
84%	84%
80%	75%

Your Weight Control success score is 84%. That score is 7.6% below the National Average of 91%. Your score has decreased by 8.9% since 5/17/2007.

PETER'S MEASURES

Height	7'0"	182.9
Weight	185 lbs.	84.0
BMI	25.8	25.8

POWER TIP KEY

- Red light:** You are at Risk in this area.
- Yellow light:** You are at Risk in this area.
- Green light:** You are in the Green Zone. Keep it up!

My Action Plan

Check what you will do!

LabCorp

1700 Lake Street, Suite 1000, Chicago, IL 60606

PHYSICIAN LAB REPORT RESULTS

TEST	RESULT	UNITS	LAB
Cholesterol, Total	207 mg/dL	130 - 199	SI
Triglycerides	90 mg/dL	0 - 150	SI
HDL Cholesterol	30 mg/dL	40 - 60	SI
LDL Cholesterol Calc	153 mg/dL	0 - 99	SI
Cholesterol, HDL	30 mg/dL	40 - 60	SI
Cholesterol, LDL	153 mg/dL	0 - 130	SI
Cholesterol, VLDL	30 mg/dL	0 - 40	SI
Cholesterol, Total	207 mg/dL	130 - 199	SI
Cholesterol, HDL	30 mg/dL	40 - 60	SI
Cholesterol, LDL	153 mg/dL	0 - 130	SI
Cholesterol, VLDL	30 mg/dL	0 - 40	SI

This change has been delayed until further notice.

****Effective April 11, 2007 the reference ranges will be changing to SI.

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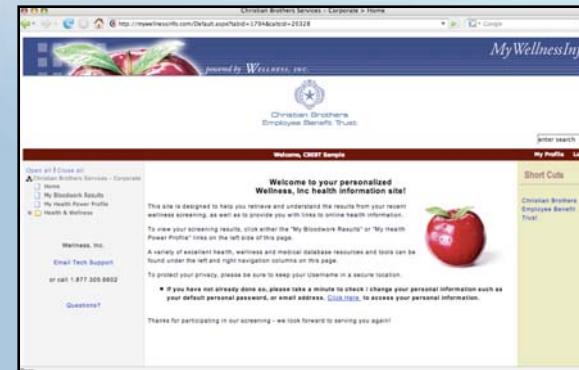
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The Power of Good Health
WELLNESS INC.

We believe in the power of good health

Online screening results stored in Your Personal Health Portal

- 12 Months of secure online access
- Past and present wellness screening results
- Highly credible health resources, assessments and tools
- Health Encyclopedia
- Drug reference guide



View your HPP report

HEART HEALTH *Strokes & Cardiovascular Disease*

The higher your Heart Health score, the better your success at avoiding these problems now and in the future.

- Clogged or damaged blood vessels of the heart, kidneys and brain.
- Coronary bypass surgery that can cost from \$45,000 to over \$75,000.
- Heart attacks and strokes.
- Loss of memory and thinking skills due to strokes.
- Kidney failure that can require dialysis each month.
- Being in a nursing home at a young age.

Your choices and actions will help manage each day AND improve your quality of life.

In some cases, appropriate medicine is needed to help control cholesterol, regular heartbeats or the blood. Your doctor can help and provide guidance for your diet to control your cholesterol risk factors.

As people lose weight, exercise, many no longer...

HEART HEALTH SUCCESS

50%	63.8%
40%	87.3%
30%	
20%	
10%	
0%	

Your Heart Health success score of 63.8% is 1.8% below the National Average.

Power Tip Key

- Red light: You are At-Risk in this area.
- Yellow light: You are Borderline At-Risk in this area.
- Green light: You are staying on track in this area. Keep it up!

Your personal choices that affect your Heart Health.

- Be a non-smoker — do not smoke cigarettes.
- Eat 5 or less servings of high-fat foods each day.
- Eat 3 or more servings of milk, yogurt or other calcium-rich foods each day.
- Eat at least 3 or more servings of fruit each day.
- Eat at least 4 or more servings of vegetables each day.
- Eat 6 or more servings of nuts, beans, whole grain and other high-fiber foods per day.
- Exercise aerobically (e.g. walk, run, swim, bicycle) at least 20 min. 3-5 times/week.
- Make time each day for quiet relaxation, meditation and/or prayer.
- Drink 2 or less servings of alcohol each day.
- Reach and maintain your ideal Body Mass Index (BMI).
- Reach and maintain your ideal Total Cholesterol.
- Reach and maintain your ideal Total/HDL Ratio.
- Reach and maintain your ideal Triglycerides.
- Reach and maintain your ideal blood pressure.
- Better controlling stress will improve your Heart Health success.
- Preventing and managing tension/anxiety will improve your Heart Health success.
- Reach and maintain your ideal Glucose level.

My Action Plan

Check what you need to do:

- I will continue to do the 3 things that showed a green light.
- I will work on 1-2 of the 5 red or yellow Power Tips to improve my Heart Health success. (write your choices here)

Get in-depth blood work descriptions by clicking the links in your report.

Glucose description

Glucose measures the amount of sugar in your blood. Glucose is the primary energy source in your body. This test is used to help detect diabetes and other glucose metabolism disorders.

[Click here for information this test](#)

[Close this window](#)

These test results are dated: 02/15/2006

Result	Note	Well Score™	Ref. Range	Unit
90		1	65.00-99.00	mg/dL

https://mywellnessinfo.com/ohi/HPPr7_db-HP7Iplnr.tp50.lay...

Be a non-smoker -- do not smoke cigarettes.

How it Helps

By being a non-smoker, you:

- Have more money (for your other goals) —e.g. by not spending it on cigarettes and smoking-related increases in insurance, denting, sickness, health care, lost wages, cleaning and other expenses
- Dramatically DECREASE your risk of getting many diseases —e.g. respiratory infections each year, emphysema, heart attacks, and lung, throat and other cancers
- Avoid smoking-related accidents, injuries and disabilities

Tips for Success

If you are a current smoker (or want to help a someone who smokes) check out the links and support resources listed below for:

- Learning how to reduce or control smoking —e.g. if dealing with smoking policies
- Success tips and tools for becoming a non-smoker

Links to More Info

[Prevention & Control of Tobacco Use](#)
[Quitting Smoking / Interactive Topic](#)
[Consumer Tips for Going Smoke Free](#)
[COPD/Emphysema](#)
[Lung Cancer](#)
[Oral Cancer](#)



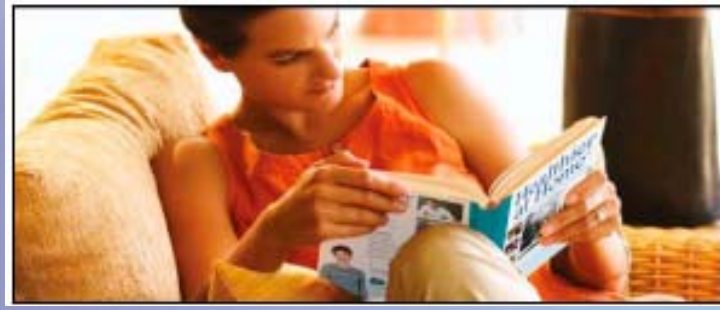
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“Power Tip” links provided for change areas.



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Anyone Completing The Health Power Profile™ Lifestyle Questionnaire will receive a Healthier at Home Self Care Book & DVD



This 416 page book has set the standard for all self-care publications. Presented in an easy to read, step by step format, it provides up-to-date information on over 300 health topics. The full color book has over 320 illustrations and photos.



Also included is an instructional DVD to assist you in getting the most out of this valuable resource!

Healthier at Home®
The Proven Guide to Self-Care & Being a Wise Health Consumer

Christian Brothers
Employee Benefit Trust
800.807.0400
www.cbsservices.org/participants

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