

## Program Details

The Empower Health Services Individual Screening Program allows you to identify health risks early and better understand your overall wellness. You have the option to complete your screening at a local lab.

### Your Screening Package Includes:

- **Panel C** - Testing that consists of a 37-component blood chemistry profile. In addition to identifying signs of heart disease and diabetes, Panel C tests for liver and kidney malfunction, and thyroid, blood, and nutrition disorders.
- **Reflex to Hemoglobin A1c** - Assesses blood sugar levels over the past 90 to 120 days. This test can help diagnose type 2 diabetes and prediabetes and will run automatically if a glucose result is over 99 mg/dL.
- Self-Reported Blood Pressure Evaluation – Please provide your most recent blood pressure reading during the online registration process. Blood pressure is expressed by a systolic (top number) and diastolic (bottom number) measurement. (Example: 120/80; 120 = systolic and 80 = diastolic)
- Self-Reported Height and Weight
- Empower Health Assessment™
- One year of unlimited access to our user portal, designed to help you understand and grow your health.
- Results are confidentially and securely available online at [mycbs.org/health](https://mycbs.org/health) within 2-3 business days of your lab visit (pending additional tests ordered).
- **Optional Additional Tests** - Additional blood tests can be selected during the online registration process. For a full overview of tests and fees, please see the Additional Tests Menu. This testing will not take extra time to complete.
- **Prostate Specific Antigen (PSA)** - Screens for signs of prostate cancer in men. (Available at no cost for those on CBEBT plan; self-pay option available for others)

ELIGIBLE PARTICIPANTS	SCREENING FEES (Panel C & A1c)	PSA FEES (Men Only)	ADDITIONAL TEST FEES
Employees on the Christian Brothers Employee Benefit Trust Medical Plan	No cost to you, billed to your CBEBT Medical Plan	No cost to you	Self-pay, please see Additional Tests Menu for tests & fees

**REGISTRATION DEADLINE IS 05/01/24**

**SCREENING DEADLINE IS 05/31/24**

# Follow These Steps To Participate

## 1. Log into the Christian Brothers Services 'My Health' site at [mycbs.org/health](https://mycbs.org/health)

- a. Click "My Wellness" on the left
- b. Select Empower Health Services on the My Wellness page
- c. Click Empower Health Services on the Member Dashboard

New to the Christian Brothers site? Go to [mycbs.org/health](https://mycbs.org/health) and click "Activate/Register"

## 2. Register for the Visit A Lab Program by 05/01/24

- a. On the Empower Health Services portal, click "Register" and select "Individual Program" to complete registration.
- b. If payment is required, an EHS Customer Support Team Member will be in touch to collect credit card information. All payments must be made before you visit the lab.

## 3. Await your LabCorp confirmation email

Once the registration steps are complete, you will receive a confirmation email containing next steps. You must wait until you receive this email before visiting the lab.

## 4. Visit the lab by 05/31/24

- a. Your confirmation email will include your COR order number. Please bring this number to your appointment.
- b. We recommend printing your LabCorp Requisition to bring to the lab. You can access your requisition and lab information through your personal empower.health portal.

## 5. After your visit to the lab:

You can expect to receive an email letting you know that your screening results are ready to view online approximately 2-3 business days from your lab visit (pending additional tests ordered).

Please contact EHS with questions about participating in the EHS Individual Program:

- Phone: 866.367.6974
- Email: [individualprogram@empowerhealthservices.com](mailto:individualprogram@empowerhealthservices.com)

## Allergy (RAST)

\$75

Common allergens include *Alternaria tenuis* (mold), English plantain, Kentucky bluegrass, Bermuda grass, short ragweed, oak, elm, dust mites, and cats and dogs. This panel tests your body's sensitivities to these substances. Those who have undergone any radioactive scans or treatment in the past week should avoid this test.

## Blood Type (ABO & Rh Factor)

\$18

This test determines your blood type: A, B, AB, or O. Since not every blood type (A, B, AB, or O) is compatible with the other, knowing your type is useful for donating blood or in the instance of transfusion or transplant.

## Female Hormone Profile women's health

\$60

The hormones tested in this screening are follicle-stimulating hormone (FSH) and luteinizing hormone (LH). Testing FSH levels can help identify menstrual irregularities or menopause, and LH can help determine fertility issues. Several factors can cause abnormal test results, including medications, estrogen, progesterone, and if you are menstruating.

## H. Pylori (*Helicobacter Pylori*)

\$47

This test identifies the presence of the *H. Pylori* bacteria, linked to digestive issues, gastritis, and ulcers. Some people with *H. Pylori* won't notice any symptoms of infection, while others experience a variety of digestive disorders.

## High-Sensitivity C-Reactive Protein (hsCRP)

\$30

The hsCRP is used to predict and assess your risk of heart disease or stroke. Note: CRP levels can be affected by certain medications such as nonsteroidal anti-inflammatory drugs (e.g. ibuprofen, Aspirin) and estrogens (hormone therapy, birth control pills).

## Homocysteine heart health

\$65

Homocysteine is an amino acid in our bodies that can be measured through a blood test. High levels of this amino acid are linked to an increased risk of heart attack or stroke.

## Inflammatory Joint Disease

\$47

This panel tests levels of RF Factor, C-Reactive Protein, Uric Acid, and ANA. Testing these together can help diagnose autoimmune diseases like rheumatoid arthritis and lupus, as well as gout.

## Prostate Specific Antigen (PSA) men's health Available at no cost to CBEBT Medical Plan Participants

\$40

This test can help determine signs of prostate cancer in men. The American Cancer Society and many healthcare providers recommend that men age 50 and over routinely screen for prostate cancer. Men younger than age 50 with a family history of prostate cancer are also encouraged to screen.

## T4, Free men's health women's health

\$25

The thyroxine (T4) hormone comes in two forms, free T4 and bound T4. This test measures the amount of free T4 in the blood and can help identify thyroid issues or aid in monitoring people with a diagnosed thyroid problem.

## Testosterone (Male Hormone) men's health women's health

\$47

Testosterone is a reproductive hormone produced at differing levels in both men and women. This test measures testosterone levels to aid in the detection and diagnosis of infertility or glandular disorders.

## Thyroid-Stimulating Hormone (TSH) men's health women's health

\$25

The testing of thyroid-stimulating hormone (TSH) is routinely used for the diagnosis of thyroid disease. TSH is produced by the pituitary gland and stimulates the release of T3 and T4 from the thyroid gland.

## Vitamin D men's health women's health diabetes heart health

\$40

This test measures the amount of vitamin D in the body. Healthy amounts of vitamin D help control your system's calcium and phosphate levels. Your body thrives on vitamin D and needs it to absorb calcium and promote bone growth.

## Vitamin Deficiency Anemia men's health women's health

\$37

Without enough vitamin B12, folate, and iron in the body, there is a risk for health conditions such as anemia. This test measures if you are getting enough of these vitamins and minerals.