

# Wartburg Employee Health Screen

***Sign up required!***

***For all full-time/benefit-eligible employees,  
as well as any spouses who are on  
Wartburg health insurance.***

## Tuesday, April 2

**7 to 8:30 a.m. • West Classroom at The W**

### **Fasting blood tests offered (paid for by individual):**

- **Chemistry Panel with Lipid and Iron, \$10** — 23-test chemistry panel includes diabetes screen, kidney function screen, liver enzymes, iron and Lipid Panel.

### **Fasting tips:**

- ☐ Do not eat for 12 hours before screening
- ☐ Sips of water only

- ☐ Take medicines on normal schedule
- ☐ Avoid caffeine products and alcohol for 12 hours before screening

### **Non-fasting blood tests offered (paid for by individual):**

- **Hemoglobin A1C, \$10** — measures glucose (blood sugar) level over time.
- **Prostate-Specific Antigen (PSA), \$15** — early screening test for diseases of the prostate.
- **Thyroid Stimulating Hormone (TSH), \$15** — measures thyroid function.

### **Also available:**

- **Blood Pressure Checks**, free.
- **Body Composition Testing**, free.  
Measures muscle mass versus fat mass.

**Lab results are mailed  
directly to participants.  
*Sign-up required through  
Amy Wilson at  
(319) 352-8278 or  
Amy.wilson@wartburg.edu***

**WAVERLYHEALTH**  
— C E N T E R —