

# Life Time Fitness and Wellness Inc.

are pleased to offer

## The Health Power Profile

for Lewisville ISD Employees, Spouses & Dependents 18 Years and older!

### It's Convenient and Confidential

Our professional medical team comes to your organization's facility for the initial step. In approximately 15 minutes we take your blood pressure and a small sample of blood. These blood samples are taken to a state-of-the-art licensed and accredited clinical laboratory for comprehensive testing.

#### Lewisville High School – Room Location?

**Monday, November 26 – 6:00AM - 10:00AM**

#### Hebron High School – Room Location?

**Tuesday, November 27 – 6:00AM - 10:00AM**

#### The Colony High School – Room Location?

**Wednesday, November 28 – 6:00AM - 10:00AM**

#### Flower Mound High School – Room Location?

**Thursday, November 29 – 6:00AM - 10:00AM**

#### Marcus High School – Room Location?

**Friday, November 30, 2007 – 6:00AM - 10:00AM**

**Sign Up Online at:** <http://register.wellness-inc.com/lifetime.html>

or **Call the Registration Hotline at:** 866.935.5462

- **FREE** for those with BCBS ActiveCare 1!
- **Co-Insurance** for those with BCBS ActiveCare 2 & 3. *There are (3) plans, see chart for co-payment instructions.*
- Those **not** on BCBS pay cash price of **\$80 for Screening, \$42 for PSA, and \$28.75 for Flu Shot.**

	Screening	PSA	Flu Shot
<b>ActiveCare 1</b>	Free	Free	Free
<b>ActiveCare 2 &amp; 3</b>	\$24.25	\$3.50	\$7.75
<b>Non-BCBS Members</b>	\$80	\$42	\$28.75

**• BCBS participants must present card!**

### The Package Includes:

**Panel C** - A comprehensive chemistry profile of 35 different tests, including CBC (complete blood count) and cholesterol analysis. This panel is designed to identify early warning signs of heart disease, diabetes, liver abnormalities, nutritional disorders, 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 (BP)** - Your blood pressure results will be recorded and explained to you.

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**Flu Vaccination** - The best protection against the aches, fever, cough and weakness of influenza. Be proactive in fighting illness. Participation is subject to evaluation of client health and medical history.

**Pregnant woman may participate only with a consent signed by their doctor.**

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**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.