



WHEN

January 22 and 30, 2020
9:00 AM - 12:00 PM

WHERE

Lehigh Valley Health Network
2000 Lehigh Valley Blvd, Allentown, PA

For more information, call 610-262-2222
or visit www.lehighvalley.net

Register online for your screening!

Click on the "Screening" link in the top navigation bar
of the website to register for your screening.

Returning users click on "Return" and **new users** click on "Login"
First time users click on "Create My Account"

30 days before your screening date **3:30 PM**

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Health Plan Members (Employee, Spouse, Dependent and Retired Employee): Call 610-262-2222 or visit www.lehighvalley.net

Non-Plan Members: Call 610-262-2222 or visit www.lehighvalley.net

What is included in your screening?

- Complete Blood Count (CBC) • Measure red blood cells, white blood cells, and platelets
- Comprehensive Metabolic Panel (CMP) • Measure blood sugar, cholesterol, and kidney function
- Hemoglobin A1C • Measure average blood sugar over the last 3 months
- Lipid Panel • Measure cholesterol and triglycerides
- Prostate Specific Antigen (PSA) • Measure prostate health
- Thyroid Stimulating Hormone (TSH) • Measure thyroid function
- Blood Pressure & other Vital Signs
- Body Composition and Body Mass Index (BMI)
- Personal Health Report • Report on your screening results
- Easy-to-Read Lab Report • Understand your lab results

Preparation for your screening

- Fasting at least 10 hours
- Drink plenty of water
- Avoid alcohol 24 hours before your screening
- Do not smoke 24 hours before your screening
- Do not take any medications 24 hours before your screening
- Do not eat or drink anything 2 hours before your screening
- Do not take any medications 2 hours before your screening

What to expect on the day of your screening

- You will be asked to provide a urine sample
- You will be asked to provide a blood sample
- You will be asked to provide a stool sample
- You will be asked to provide a sputum sample
- You will be asked to provide a saliva sample
- You will be asked to provide a hair sample