

Corporate Health and Wellness at Vanderbilt

Comprehensive Health Risk Appraisal and Health Screening

- **Personal Health Survey**
The Personal Health Survey is an easy-to-follow survey that provides important information used to identify unhealthy behaviors and risks that may be present in the employee's life. The Survey is available in both print and on-line, in either English or Spanish.
- **Biometric Measurements**
 - Height and Weight (used to determine Body Mass Index)
 - Blood Pressure
 - Blood Work (venipuncture or Cholestech technology)
 - Lipid profile
 - Fasting profile - total cholesterol level, HDL (good), LDL (bad)
 - Non-fasting profile – total cholesterol level, HDL (good)
 - Triglycerides (available only to employees who are fasting)
 - Glucose
- **Personal Health Enhancement Report**
It is a custom-published tutorial that provides employees an assessment of individual lifestyle characteristics, associated health risks, guidance on how to reduce these risks and a listing of recommended health screening and examination needs.
- **Group Feedback**
Provides interpretation of Personal Health Enhancement Report
Addresses questions and concerns related to report and biometric information
- **Employer Benefits**
Online tools for the employer that include: Aggregate Data, Plan Design with Incentives and Plan Review with Solutions.

Additional Services

Bone Density Screening (women)
PSA Test (men)
Fitness Testing
Body Fat Analysis
Flu Shots (Quadrivalent)

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Basic Health Screening (Biometric data only)

Biometric results will be given to the individual the *same day* of the screening via an informational handout.

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