IHS is pleased to introduce a thorough, convenient, on-site health evaluation, and you’re invited to participate ~ compliments of IHS!

April 20, 2007
ICCCFO Conference
Starved Rock State Park
Route 178 & Route 71
Utica, Illinois

Health evaluations are by appointment beginning at 7:00 a.m.

To schedule your appointment please call:
1-800-840-6100

Please see the next page for more information about this program.
Discover Your State of Health!

Your comprehensive health evaluation includes a state of the art blood screening that includes, but is not limited to:

- **Cardiovascular disease risks** (high cholesterol, high blood pressure)
- **Diabetes**
- **Liver and kidney disease**
- **Anemia**
- **Blood, bone and muscle disease** (including certain types of cancer)

**Note:** For the most accurate test results it is recommended that you fast for 12 hours prior to testing. Do not eat, however, you may drink water or black coffee (no cream or sweeteners of any kind). If you know you are diabetic or hypoglycemic, please follow your doctor’s instructions regarding fasting.

Your health evaluation is conveniently provided at your workplace and typically takes less than 30 minutes to complete. This program is **completely confidential**. Your personal health information will be handled according to the national privacy laws (HIPAA) and will not be shared with anyone without your permission.

**Your Personal Health Report** will be mailed to you within 2 weeks after testing - plus- you will be able to go on-line and check your lab tests within 3 business days! You will also be able to consult with IHS health experts to get personal and private answers to questions on virtually any health topic.

Control Health Problems!

The key to good health is understanding and managing at-risk conditions. When you participate in the health evaluation, you will be eligible to enroll in HealthFocus-confidential telephonic health education from a Masters degreed health professional. You may choose from 10 health-related courses that are designed to assist you in making lasting healthy lifestyle changes. Courses include: Smoke-Free for Life; Diabetes Prevention and Control; Managing Cholesterol Levels; Personal Fitness; Better Nutrition; Weight Management; and more.