



The Empower Wellness Screening Program



COMMUNITY UNIT
SCHOOL DISTRICT
World-Class Schools Serving Caring Communities

Thoughtfully designed to help you take control of your health.

STAY HEALTHY Take a positive step. Your health is worth it!

Empowerment

Our screening services are thoughtfully designed to provide you with a better understanding of your health. We're empowering you to take the next steps toward illness prevention and a happier, healthier life. Participate in a screening and take control of your future!

SCREENING PROGRAM OVERVIEW

Your Screening Package Includes:

- **Panel C** - Testing that consists of a 37-component blood chemistry profile.
- **Hemoglobin A1c** - Assesses blood sugar levels over the past 90 to 120 days. This test can help diagnose type 2 diabetes and prediabetes.
- Blood Pressure and Body Mass Index Reading
- Self-Reported Height and Weight
- Empower Health Assessment™
- One year of unlimited access to our NEW user portal, designed to help you understand and grow your health.
- Results are confidentially and securely available online at empower.health within 2-3 business days of your event.
- **Seasonal Flu Shot** - EHS is proud to offer the Quadrivalent vaccine which includes 2 type-A strains and 2 type-B strains. Getting an annual flu shot is your best protection against the virus. Participants must be 18 years of age or older and are subject to evaluation of health and medical history.

Schedule your appointment and explore helpful health content on our **NEW** empower.health portal!

*This is not the same registration site used for previous EHS screenings.
All participants must create a new account.*

Important Information: The Flu Program is subject to vaccine availability.
Participants must be 18 years of age or older and are subject to evaluation of health and medical history.

Program Details

You have the power to create a healthy future. Through the **EHS Comprehensive Panel C**, you are given the ability to better understand your health and work towards preventing serious illness. Our Panel C tests the following:

HEART & DIABETES	COMPLETE BLOOD COUNT	KIDNEY, LIVER & THYROID	NUTRITION
Glucose	Red Blood Cells	BUN & Creatinine	Calcium
Total Cholesterol	White Blood Cells	T4 & Potassium	Total Protein
HDL (Good Chol.)	Hemoglobin	Phosphorus & eGFR	Albumin
Non-HDL	Hematocrit	Chloride & Sodium	Uric Acid
LDL (Bad Chol.)	Platelet Count	Alkaline Phosphatase	Iron
Cholesterol Ratio	Red Blood Cell Distribution	Total & Direct Bilirubin	Magnesium
Triglycerides	MCH, MCHC, MCV	SGOT, SGPT, Gamma GTP & LD	

EHS Panel C testing can detect:

- Heart Disease & Stroke
- Diabetes
- Anemia, Infections & Certain Cancers
- Kidney Disease
- Liver & Gallbladder Abnormalities
- Thyroid Disease
- Gastrointestinal Disorders
- Nutritional Disorders

WHO CAN PARTICIPATE?

ELIGIBLE PARTICIPANTS	SCREENING FEES	FLU VACCINE FEES
Employees & Spouses on the District's BCBS of IL PPO Plan	No cost to you, billed to BCBS of IL PPO	No cost to you, billed to BCBS of IL PPO
Employees & Spouses on the District's BCBS HMO Plan	No cost to you	No cost to you
All Other Employees & Spouses	Self-pay, \$115	Self-pay, \$39

Screening & Flu Shot Locations & Dates

Traughber Jr High School

Monday, October 17, 2022

6:00 am – 9:30 am

Community Room

Oswego East High School

Friday, October 21, 2022

6:00 am – 9:30 am

Community Room

Oswego High School

Monday, October 24, 2022

6:00 am – 10:00 am

Community Room

Bednarcik Jr High School

Friday, October 28, 2022

6:30 am – 10:30 am

Community Room

SIGN UP USING OUR NEW PORTAL!

empower.health



1. Create a NEW account: empower.health

This is not the same registration site used for previous EHS screenings. **All participants must create a new account.**

2. Complete "New User" fields and enter client code: **sd308EHS**

You will receive an email confirmation. Verify your email to complete the registration process.

3. On the Dashboard, complete the Empower Health Assessment™

4. Return to the Dashboard and click "Register" to schedule an appointment for an onsite event

When prompted, please select the tile that corresponds to the service you are requesting: 'Screening', 'Flu Vaccination', or 'Screening + Flu Vaccination'.

5. Download and print your requisition(s) to bring to your appointment

Print one (1) copy of your screening requisition AND/OR one (1) copy of your flu requisition.

Your results will be available online within 2-3 business days of your event.

Reminders:

- **Fast 8 hours and drink 2 glasses of water 1-2 hours prior to your appointment.**
- Registration closes at NOON the business day prior to your event.
- Payment fees are collected at the event by cash, credit, or check payable to Empower Health Services.
- BCBS of IL PPO members must present their ID card at the time of service to have claims submitted.
- If you have recently experienced any cold, flu or COVID-19 symptoms, please do not attend your event.

NOTE: If you present a BCBS of IL PPO card other than your company's BCBS plan, a copay, deductible and coinsurance are applicable and may result in out-of-pocket fees. Please verify your benefits before your scheduled service.

Need assistance?

Please contact the EHS Customer Support Team at 866.367.6974 or support@empowerhealthservices.com