Health Matters
Wellness Services

Blood Screen Participation Information

On March 20th – March 24th 2017 New Braunfels ISD's employees will have the opportunity to take part in a blood screening conducted by Health Matters. The blood screening includes the following: metabolic panel (checks vital organs), lipid panel (cholesterols), Hemoglobin A1c (diabetes), complete blood count, thyroid panel, and prostate cancer screen (PSA). This screening is a covered benefit under TRS Active Care (Aetna) but is available to all employees and covered family members. We require that you present your Aetna member card at the screening.

Employees covered under other Aetna or Blue Cross PPO plans must call their customer service number and ask about their eligibility. If eligible bring a copy of your insurance card. ***We are sorry but at this time we cannot accept TRS Active Care Select Baptist Health System or any other HMO insurance.*** All participants are financially responsible for testing not paid by their insurance.

For employees who do not have TRS Active Care with Aetna, the fees are $85.00 and $105.00 with a PSA for men. *Additional testing is available with profile: Vitamin D $30.00 and CRP $20.00.*

The same fees will apply to spouses and family members without insurance. Health Matters' technicians are qualified, experienced and proficient at drawing blood. Your test results are confidential; no one will see your results! Health Matters has provided this service for public school districts since 1989.

If you wish to participate in this screening, please visit NBISD Employee Blood Screening to complete your registration. Your response will help us in planning to better serve you. Also we ask that you bring your insurance card to the screening.

NBISD Employee Blood Screening Registration:
https://goo.gl/forms/YJMyV7RFgBWjy5Cf2

**** You may fast but fasting is not necessary for good test results ****

For any questions please contact Deanna deanna@wellnessandhealthmatters.com
Tel. 972-613-5793 and toll free 1-888-399-4317.

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Blood Screening Overview

This blood panel is useful for identifying health risk factors, undiagnosed health problems and to monitor existing health condition. Test results are reviewed and participants are provided with recommendations and individual counseling if desired. All test results are handled in a confidential manner.

Metabolic and lipid panel screens for:

- Diabetes
- Cardiovascular disease
- Total & HDL Cholesterol with cardiac risk ratio
- Kidney disease
- Liver disease
- Nutritional problems
- Bone problems
- Other disease conditions

Complete Blood Count (CBC):

- White blood cell count for possible bacterial or viral infection and leukemia
- Red blood cell count for possible anemia
- Hemoglobin & Hematocrit for anemia
- Red cell indicies- MCV, MCH, MCHC for red cell morphology
- Platelet count for blood clotting deficiency

Thyroid Stimulating Hormone (TSH), T3 and T4 – screens for thyroid disease
Prostatic Specific Antigen-(PSA) screens for prostate cancer
Hemoglobin A1c – Specific for diabetes

C-reactive protein (CRP) is a blood test marker for inflammation in the body. CRP is produced in the liver and its level is measured by testing the blood. CRP is classified as an acute phase reactant, which means that its levels will rise in response to inflammation. A C-reactive protein (CRP) test can help doctors determine your risk for heart disease or stroke. This is an optional test for $20.

Vitamin D - Used to diagnose intestinal malabsorption and vitamin D deficiency or intoxication, or to monitor therapeutic response in patients being treated for vitamin D-related disorders. Suggested for individuals with suspected vitamin D deficiency (eg, those with persistent, nonspecific musculoskeletal pain; the elderly; housebound individuals, etc.), individuals with suspected toxicity (eg, those with anemia of obscure origin, unexplained renal disease, etc.), and individuals being treated for vitamin D-related disorders. This is an optional test for $30.

You may want to fast 8 – 10 hours prior to testing, but
People that have eaten can still be tested with excellent results *