30th ANNUAL Health Check
CTMC HEALTH SCREENING & FAIR

Tuesday, April 12, 2016
7:00 a.m. - 3:00 p.m.
Embassy Suites San Marcos
Hotel, Spa & Conference Center
1001 East McCarty Lane

2016 Quick Facts

Important Dates

- **Registration:** January 18 - March 25. To pre-register, call CTMC's CREATION Health Institute at 512.753.3818 or email us via CTMCCreationHealthInstitute@AHSS.ORG. Business hours are 8:00 a.m. - 4:00 p.m. Mon-Fri.
- **Pre-event Community Blood Draws:** February 12- March 25
- **CREATION HealthCheck Screening & Fair:** Tuesday, April 12, Embassy Suites from 7:00 a.m. to 3:00 p.m. Walk-in registration and blood draws available from 7:00 a.m.-10:00 a.m. (must be fasting for at least 8 hours).

HealthCheck Screenings Fees

- **Basic Screening Panel $30.** Includes Complete Metabolic Panel (screening for glucose, renal and liver disorders); Lipid Panel (cholesterol with HDL/LDL breakdown and triglycerides); and Complete Blood Cell Count (hematology disorders including white blood cell, hemoglobin, hematocrit and platelets).
- **Additional Blood Screenings:**

Thyroid Stimulating Hormone (TSH) **$15.** The TSH test measures the amount of thyroid stimulating hormone in your blood to determine whether or not the thyroid gland is working properly.

Hemoglobin A1C **$15.** This test is used to measure the amount of glucose that attaches to the protein in the red blood cells. It shows your average blood glucose for up to three months.

Vitamin D **$15.** The function of Vitamin D is to maintain normal blood metabolism balance of calcium and phosphorus. Vitamin D aids in the absorption of calcium - helping to maintain strong bones.

Hepatitis C **$15.** Hepatitis C affects the liver. It can scar your liver without showing symptoms. People born between 1945-1965 should be screened for the Hepatitis C virus.

- **Other Screenings:**

Carotid Artery Screening **$30.** Doppler ultrasound screens for carotid artery disease caused by plaque build up in arteries associated with increased risk of stroke.

Peripheral Arterial Disease Screening **$30.** Ultrasound comparison between blood pressure in arms to blood pressure in legs to indicate blockages associated with higher risk for heart disease.

Note: "Other Screenings" are available by appointment prior to HealthCheck. Limited number of appointments available and qualifying criteria is required.

Pre-Event Community Blood Draw Locations/Dates

(Draws held 7:00 a.m. - 10:00 a.m. Must fast for at least 8 hours)

San Marcos	CTMC Community Classroom, 1301 Wonder World Drive; **Feb 12,19,26 Mar 4, 11, 18, 25**
Lockhart	Emmanuel Episcopel Church, 118 North Church Street; **March 3**
Kyle	Live Oak Health Partners, 177 Kirkham Circle; **March 10**
New Braunfels	Gruene United Methodist Church, 2629 E Common St; **March 16**
Wimberley	Live Oak Health Partners, 201 FM 3237 #211; **March 21**

Blood analysis results will be available at the April 12th HealthCheck event unless critical values are discovered, in which case you will be contacted by telephone immediately. *Lab results are protected health information that may only be released to the patient.* Photo ID is required to pick up results. If not picked up on April 12, you will receive your results in the mail a week after the event. **If you have questions, please call 512.753.3818 or visit www.ctmc.org. Se habla Español.**

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