HEALTH GAUGE

# **FREE** HEALTH SCREENING EVENT

**PLAN PARTICIPANTS AND SPOUSES SCREEN FOR FREE!**

**Saturday, December 12**
**8:00 AM - 3:00 PM**

**UA 803 Hall**
**2447 Orlando Central Pkwy**
**Orlando, FL 32809**

**MEMBER - NASI 483**

When I came to the free screenings provided by local 483 I expected to leave with a clean bill of health. I couldn't believe that the local was able to perform such comprehensive screenings right at the hall. Full blood panel and ultrasounds, it was very convenient and I was in and out in under an hour. When it came time for my ultrasounds the technicians told me that there was blockage in my leg and that I should share the information with my doctor, so I did. I was very surprised about the results since I had no symptoms, but within two months of the screenings I had surgery to remove the blockage in my femoral artery. I am very thankful for the screenings provided by local 483 to me. Don't miss these free annual screenings even if you think you feel fine.

## SCHEDULE YOUR APPOINTMENT (REQUIRED)

Call (515) 244-3080

Go to https://NASI.timetap.com

Scan the QR code

*See reverse for list of screenings offered*

# HEALTH SCREENINGS

FASTING IS **OPTIONAL**, NOT REQUIRED.

## Ultrasound

### Carotid Artery
Visualizes the buildup of fatty blockage in the carotid arteries (neck). This condition causes the majority of strokes.

### Peripheral Artery Disease (ABI)
Checks for blockages in the legs. Abnormal results indicate high risk of coronary artery disease and peripheral artery disease.

### Abdominal Aortic Aneurysm (AAA)
Visualizes the existence of an aneurysm in the abdominal aorta, which could rupture and be fatal.

## Biometrics & Blood Tests

### Biometrics
Height, weight, waist/hip circumference, body mass index, blood pressure, and pulse.

### Lipid Panel with Glucose and Full Chemistry Panel
Provides high-level evaluation of the body's major organ functions.

### Hemoglobin A1c
Average blood sugar (glucose) for the last 3 months. Primary screening tool for prediabetes, type 1 diabetes, and type 2 diabetes.



## PRE-EVENT

- **Sign up** for your screening appointment using the online scheduling system or call the number for our dedicated scheduling center. (All info below.)



## DAY OF EVENT

- You will be **greeted** by our staff and asked to sign a consent form. We are **happy to answer** any questions you have about the process.
- You will be guided to each screening station and will receive an **explanation of screenings** and results as you go through the event.
- All **ultrasound screening** results will be provided to you at the event.



## POST-EVENT

- Results from **all screenings** will be available in our secure online portal in 10-14 business days.
- Participants who were identified with health risks are supported with **follow-up** options.



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YOUR HEALTH IS OUR PRIORITY