

# Get a screening and learn more about your health!

At this year's annual conference, all conference attendees are eligible to participate in a Procheck health screening.

Procheck health screening is a simple panel of blood tests that screens for risks related to:

- Heart disease and stroke,
- Diabetes and thyroid disorders,
- Liver and kidney disease,
- Anemia or iron overload disease, and
- Prostate cancer.

Procheck health screenings are available at no cost to HealthFlex participants (active and retired participants and their covered spouses). The full cost of the screening is covered under the HealthFlex wellness benefit. HealthFlex participants must present their plan ID card as proof of HealthFlex enrollment at the time of the screenings.

For individuals not covered by HealthFlex, the cost of the Procheck health screening is \$115 per person, payable by cash, check or credit card, at the time of the screening.

## Screening Preparation

For the most accurate results, individuals should fast for a minimum of eight hours (except for water) before taking the Procheck health screening. Fasting, however, is not mandatory.

## Results

After the screening, participants will receive an easy-to-read report from Procheck containing important information about their results and any health risk. The report is mailed directly to each screened participants within two weeks of the event. Individual can share the report with their doctor to make more informed decisions about their health.

## Procheck Health Screenings

Date: Friday, May 23 &  
Saturday, May 24

6:00am – 11:00am

Private Area - Exhibit Hall

No cost to HealthFlex participants  
Screenings are available on a first-  
come, first served basis.

Please direct all questions to the  
Benefits Office at  
(410) 309-3400 ext 479

No appointment necessary!  
Bring your UHC ID card