

## Program Details

The Empower Health Services Individual Screening Program allows you to identify health risks early and better understand your overall wellness. You have the option to complete your screening at a local lab.

### Your Screening Package Includes:

- **Panel C** - Testing that consists of a 37-component blood chemistry profile. In addition to identifying signs of heart disease and diabetes, Panel C tests for liver and kidney malfunction, and thyroid, blood, and nutrition disorders.
- **Hemoglobin A1c** - Assesses blood sugar levels over the past 90 to 120 days. This test can help diagnose type 2 diabetes and prediabetes.
- **Prostate Specific Antigen (PSA)** - Screens for signs of prostate cancer in men. (Included at no cost for men age 50+)
- **Thyroid-Stimulating Hormone (TSH)** - Screens for signs of thyroid cancer. (Included at no cost for women age 40+)
- Self-Reported Blood Pressure Evaluation – Please provide your most recent blood pressure reading during the online registration process. Blood pressure is expressed by a systolic (top number) and diastolic (bottom number) measurement. (Example: 120/80; 120 = systolic and 80 = diastolic)
- Self-Reported Height and Weight
- Empower Health Assessment™ (REQUIRED)
- One year of unlimited access to our user portal, designed to help you understand and grow your health.
- Results are confidentially and securely available online at <https://empower.health/sprinkler281EHS> within 2-3 business days of your lab visit.

### ELIGIBLE PARTICIPANTS

Members, Spouses & Dependents 18+ on the Automatic Sprinkler Local 281 Medical Plan

### SCREENING FEES

No cost to you, covered by The Fund

**REGISTRATION DEADLINE IS 12/29/23**

**SCREENING DEADLINE IS 12/30/23**

# Follow These Steps To Participate

## 1. Go to: <https://empower.health/sprinkler281EHS>

### **New Participants:**

- a. Complete "New User" fields and enter client code: **sprinkler281EHS**
- b. After clicking "Sign Up," you will receive an email confirmation. Verify your email to access your account.

**Returning Participants:** If you previously created an account, sign in under "Welcome Back!"

## 2. Complete the REQUIRED Empower Health Assessment™

From the dashboard, select "Start Assessment".

## 3. Register for the Individual Screening Program by 12/29/23

On the dashboard, click "Register" to complete registration.

## 4. Await your LabCorp confirmation email

Once the registration steps are complete, you will receive a confirmation email containing next steps. You must wait until you receive this email before visiting the lab.

## 5. Visit the lab by 12/30/23

- a. Your confirmation email will include your COR order number. Please bring this number to your appointment.
- b. We recommend printing your LabCorp Requisition to bring to the lab. You can access your requisition and lab information through your personal empower.health portal.

## 6. After your visit to the lab:

You can expect to receive an email letting you know that your screening results are ready to view online approximately 2-3 business days from your lab visit.

Please contact your local Human Resources Administrator with questions regarding the EHS Individual Program and your company's benefits plan. With questions about participating in the EHS Individual Program, please contact EHS:

- Phone: 866.367.6974
- Email: [individualprogram@empowerhealthservices.com](mailto:individualprogram@empowerhealthservices.com)