

# Health Screening Event - Preparation Timeline

## General Information:

Screening Type: Cholesterol/A1C/Vitamin D

When: Tuesday 8 a.m. - 12 p.m. (June 6, 2023)

Where: Fidalgo Room

Cost: \$100 (bundle of all 3 tests: Cholesterol, A1C, Vitamin D)

Contacts:

- Health Ed - Kess Walp and Laura Moroney
- Lab - Lauren Gansemer
- Admitting - Bo Gillentine

2-3 Months Before Event

### Health Ed/Marketing

- Decide Date and confirm participation with LAB and ADMITTING teams.
  - Send Calendar Invites
  - Reserve Fidalgo Room
- Set-up registration on website collecting the following info from participants.
  - Name, phone, email, birthday, address, primary care provider
  - 140 slots available (3 stations, 5-minute apt. per station)
  - Payment required at registration - no insurance component
- Create promotional materials.
- Submit ticket to request 5 laptops and label printers.

1 Month Before Event

### Health Ed/Marketing

- Promote event.
  - Flyer/Press Release/Senior Center/Reader board/Social/Digital Sign/Huddle announcement

1 Week Before Event

### Health Ed

- Remind all staff involved of event.
- Collect materials needed for event.
  - pens, clipboards, waivers, directional signs, sanitizer
- Close registration 1 week before screening - send email to participants reminding them of their appointment.
- Send registration materials to Bo's team - input into Meditech.
  - Bo's team send back info with MED RECORD # to Health Ed to make labels 2 days before screening.
- Print labels and roster.

# Health Screening Event Flow-Chart: Day of Event

Admin Team

Lab Team

Health Ed Team

## 7:00-7:45 am

### Check-In Station

- 2 stations
- Registration table(s) with admit team member(s), roster, pens, waiver, and labels
- Waiting Area with chairs in hallway

### Fidalgo Room

- 3 blood draw stations
  - table, chair, gloves, sanitizer, other lab supplies, computers
- 1 central table for waivers and blood samples

### Directional Signs

- A-Board
- Laminated signs
- let- main entrance know of event to help direct people.

### Check-Out Station

- Educational Packet
- Blood pressure station
- Promo Materials
- Answer questions

## 8:00 am - 12 pm

### Check-In

- Patient will arrive for appointment.
- Check-in with Admit Team
  - Complete Waiver
  - Take waiver and labels to waiting area.

### Blood Draw

- Volunteer helps direct patients to blood draw station with roster.
- Lab assistant verifies patient information and draws blood.
- Lab assistant places waiver and labeled blood draw into tray at central table.

### Check-out

- Patient leaves Fidalgo room
- Patient goes to check-out station and receives educational packet.
- Info about other classes
- optional blood pressure check

## AFTER EVENT

### Clean-up Check-In Station

- other admit follow-up?

### Clean-up Fidalgo Room

- Blood samples and waivers taken to lab.
- Results processed.
- Tables/chairs sanitized and put away.

### Health Ed Follow-Up

- Thank you email to all staff involved.
- Follow-up email to participants about results and expectations.
- Stats sheet

### Screening Results

- Patients receive on patient portal



# What do my **cholesterol** screening results mean?

**Total Cholesterol:** sum of your blood's cholesterol content.



**Triglycerides:** These are a type of fat in the blood. When you eat, your body converts calories it doesn't need into triglycerides, which are stored in fat cells.

**Low-density lipoprotein (LDL):** Also known as "*bad*" cholesterol. Too much LDL in your blood causes buildup of fatty deposits (plaques) in your arteries which can reduce blood flow. Too much buildup of these plaques can lead to a heart attack or stroke.

**High-density lipoprotein (HDL):** Also known as "*good*" cholesterol because it helps to carry LDL cholesterol through the arteries, preventing buildup of plaques.

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**How do I read these numbers?** In the US, cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Total Cholesterol	
Below 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

Triglycerides	
Below 150 mg/dL	Desirable
150-199 mg/dL	Borderline High
200-499 mg/dL	High
500 mg/dL and above	Very High

People over the age of **45** should have their cholesterol levels tested every 1-2 years.

HDL (good) Cholesterol	
60 mg/dL and above	Best
Men: 40-59 mg/dL Women: 50-59 mg/dL	Better
Men: below 40 mg/dL Women: below 50 mg/dL	Poor

LDL (bad) Cholesterol	
Below 70 mg/dL	Best for people who have coronary artery disease or history of heart attack, angina or coronary bypass.
Below 100 mg/dL	Optimal for people at risk of coronary artery disease or who have a history of diabetes.
100-129 mg/dL	Near optimal if there is no coronary heart disease. High if there is coronary heart disease
130-159 mg/dL	Borderline high if there is no coronary artery disease. High if there is coronary artery disease.
160 mg/dL and above	High if there is no coronary artery disease. Very high if there is coronary artery disease.

Your results will be available online at myIslandHealth, Island Health's patient portal. Your results are available online typically within 36 hours of your blood draw. If you are not registered with our patient portal, scan the QR code to get started!



**Please discuss any cholesterol levels that are outside of the normal green and yellow ranges with your primary medical provider.**



# What does my **A1C** screening result mean?

The A1C test is a common blood test used to diagnose prediabetes and type 2 diabetes. If you're living with diabetes, the test is also used to monitor how well you're managing blood sugar levels.

The A1C test is sometimes called the hemoglobin A1C, HbA1c, glycated hemoglobin, or glycohemoglobin test. Hemoglobin is the part of a red blood cell that carries oxygen to the cells. Glucose attaches to or binds with hemoglobin in your blood cells, and the A1C test is based on this attachment of glucose to hemoglobin.

**An A1C test result reflects your average blood sugar level for the past two to three months.**

The higher your A1C level is, the poorer your blood sugar control and the higher your risk of diabetes complications.

Your results will be available online at myIslandHealth, Island Health's patient portal. Your results are available online typically within 36 hours of your blood draw. If you are not registered with our patient portal, scan the QR code to get started!



**Please discuss any cholesterol levels that are outside of the normal green and yellow ranges with your primary medical provider.**

A1C Level	Diagnosis
Below 5.7%	Normal
5.7-6.4%	Prediabetes
6.5% and above	Diabetes



# What does my **vitamin D** screening result mean?

A vitamin D test measures the level of vitamin D in your blood to make sure you have enough for your body to work well. Vitamin D is essential for healthy bones and teeth. It also helps keep your muscles, nerves, and immune system working normally.

Having low levels of vitamin D is a common problem, especially in the Pacific Northwest, that can lead to bone disorders and other medical problems. Vitamin D testing can let you know if you need to increase your vitamin D levels.

You get vitamin D in three ways:

- Your body makes vitamin D when your bare skin is exposed to sunlight.
- Vitamin D is found in certain foods. Only a few foods, such as egg yolks and fatty fish, naturally contain vitamin D. That's why vitamin D is added to foods, including breakfast cereals, milk, and other dairy items.
- Taking vitamin D supplements.

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**How do I read these numbers?**