

# SAVING THE LIVES OF AMERICA'S HEROES



## WHAT TO EXPECT!

[Lifescanwellness.com](http://Lifescanwellness.com)

## Before the Exam

All members will receive an email from Life Scan Wellness. This email will contain a link that is specific to each person and their health history. This link is not to be shared under **ANY** circumstances. Each member should fill their health history out prior to arriving to their exam which should take 10-20 minutes. Each member should also have had their blood drawn, whether that be during onsite draws or on location at a local LabCorp, at least 10 days prior to their exam date. Having the blood work done prior to the exam will ensure the most timely exam and result interpretation. Everyone should read the information at the top of the packet carefully so they know how to prepare for the day. See below:

### Life Scan appointment requirements:

- Wear athletic clothes and shoes.
- Complete all forms provided in this packet prior to your Life Scan appointment.
- Please fast for 4 hours prior to your Life Scan appointment and refrain from any caffeinated or carbonated beverage's.
- It is important to arrive hydrated and bring water with you for before and after exercise.
- No Tobacco use 4 hours prior to your Life Scan appointment.



## Upon Arrival

Each group of three should all arrive on or before the designated appointment time. Upon arrival they will be greeted by the team and sent an electronic consent and privacy form to sign. A copy of this will be placed in their chart. They will then be assigned to start at one of our three stations.

# Nurse Practitioner

The member will have the following tests performed by the Nurse Practitioner:

- Vision
- Hearing
- Labs reviewed
- Head to toe physical exam.
- Behavioral Health screenings reviewed

# Ultrasound

The member will have an ultrasound probe placed on the skin using a transducer and gel to visualize the following organs.

- Carotid
- Thyroid
- Heart
- Abdominal Organs - Gallbladder, Kidneys, Spleen, Liver
- Abdominal Aorta
- Bladder
- Prostate (external scan)
- Testicular or Uterus/Ovaries

The member will also be asked to provide a urine sample. This is NOT a drug screen, it is a routine dipstick urinalysis

# Cardiopulmonary

The member will have the following tests performed by the Exercise Physiologist:

- Vitals
- Pulmonary Function Testing (spirometry)
- Cardiac stress test (Submaximal testing to predicted VO2 with 12-lead EKG to monitor for rhythm changes)
- Body Composition
- NFPA 1583 physical fitness assessment



# Post Exam

**After the member has attended all three stations they will return to wrap up their results with the Nurse Practitioner. This gives them the opportunity to ask questions and clarify findings. Please keep in mind we are not diagnostic, so any findings will need to be taken to the members' primary care for further testing. Results will be sent to the member the same day and will include all testing and PDFs of labs, stress test, PFT and educational resources if applicable.**

For more information check out our video on youtube.

[Our Mission](#)