

## BLOOD SCREENINGS 2018-19

Open to Employees, Spouses, and Retirees of the  
Des Moines Public School District

Online Registration now available at [commmed.dmschools.org](http://commmed.dmschools.org)

\$35.00+

Test results are confidential and will be sent to you approximately 5-10 working days after the test. The procedure is the same as last year: a blood draw from the arm, which includes 26 component results.\* Additional blood screening tests (see enclosed list) are available the day of the screening at cost paid directly to UnityPoint Health. \*Does not include CBC (Complete Blood Count)

**The Blood Screenings for 2018-2019 will be offered 6:30-8:30 A.M. these dates:**

WC110101D	North High School – Auditorium 501 Holcomb Avenue	Wednesday, November 7
WC110102D	Merrill Middle School – Library 5301 Grand Avenue	Tuesday, November 13
WC110103D	Weeks Middle School – Library 901 E. Park Avenue	Thursday, November 15
WC110303D	North High School – Auditorium 501 Holcomb Avenue	Wednesday, April 10

**Registration Deadline:** Payment and registration must be received at least 5 days before the testing date.

*Remember, you may take your prescribed medications and drink water,  
but no food or other drink for 12 hours prior to screening.*

### CONTACT US or REGISTER

Please feel free to contact us in any of the following ways:

1. **Preferred Registration Method:** Online at [commmed.dmschools.org](http://commmed.dmschools.org) (Credit Card Only)
2. Register by Phone: 515-242-8521 (Credit Card Only)
3. Register IN-PERSON or MAIL 2100 Fleur Dr., Des Moines, IA 50321
4. EMAIL [Commed@dmschools.org](mailto:Commed@dmschools.org) (no registration accepted by email)

[commmed.dmschools.org](http://commmed.dmschools.org)

[facebook.com/DMPSCCommunityEd](https://facebook.com/DMPSCCommunityEd) | [twitter.com/DMPSCCommunityEd](https://twitter.com/DMPSCCommunityEd)

# REGISTRATION FORM – BLOOD SCREEN

## WAYS TO REGISTER

**1. PREFERRED!** ON-LINE: [commed.dmschools.org](http://commed.dmschools.org)  
(Credit Card Only)  
**2. PHONE:** 242-8521 (Credit Card Only)

**3. MAIL:** 2100 Fleur Drive, Des Moines, IA 50321  
**4. IN PERSON:** Bring your completed registration form to:  
2100 Fleur Drive, Des Moines, IA 50321

Please use one registration form for each individual registrant. You may photocopy this form if additional forms are needed.

How did you learn about this program? (Check all that apply.)  e-Mail  Received flyer by mail  Repeat/Prior Participant  
 Social media (Facebook, Twitter, etc.)  Website  Word of mouth  Other  
 Yes! I would like to receive e-mail announcements of special events, and reminders when registration begins each session.  
(Please print legibly.)

Today's Date: \_\_\_\_\_ Your Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Ethnicity:  American Indian/Alaska Native  Asian  Black/African American  Hispanic/Latino  
 Native Hawaiian/Other Pacific Islander  White

Your date of birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP+: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

e-Mail: \_\_\_\_\_

I am currently a:  School district employee School \_\_\_\_\_  *Retired* school district employee Date of retirement: \_\_\_\_\_

Spouse of a school district employee (Spouse Name and Current School): \_\_\_\_\_

Spouse of a *retired* school district employee (Spouse Name and Retirement Date): \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

I understand that this screening is voluntary and authorize the staff to act for me in their best judgement in the event of an emergency.

Signature: \_\_\_\_\_

Circle your preferred option.

Course Number	Location	Date	Time	Fee
WC110101D	North High School Auditorium 501 Holcomb Ave.	Wed. November 7, 2018	6:30–8:30 a.m.	\$35.00
WC110102D	Merrill Middle School Library 5301 Grand Ave.	Tue. November 13, 2018	6:30–8:30 a.m.	\$35.00
WC110103D	Weeks Middle School Library 901 E. Park Ave.	Thur. November 15, 2018	6:30–8:30 a.m.	\$35.00
WC110301D	North High School Auditorium 501 Holcomb Ave.	Wed. April 10, 2019	6:30–8:30 a.m.	\$35.00
<b>TOTAL FEES</b>				

Payment Method:  Check (Number \_\_\_\_\_) Please make checks payable to DMPS Community Education. Do not send cash.

MasterCard  VISA  Discover If you wish to charge your registration to your VISA, MasterCard or Discover, please fill in the following:

Account Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_



## WELLNESS SERVICES

**LiveWell**  
@work

### Blood Chemistry Profile

Measures 25 components in the blood. Includes lipid profile, glucose, liver functions, kidney functions, iron, sodium, potassium, etc. (12-hour fast).

### Hemoglobin A1C (HbA1C)

**\$23**

A1C indicates how well diabetes has been controlled by providing a picture of the average amount of glucose in the blood over 2-3 months.

### Highly Sensitive C-Reactive Protein (CRP)

**\$33**

CRP is an inflammatory marker. CRP is widely reported as a possible key indicator of heart health and may help physicians predict a patient's long-term risk of a cardiovascular event. Do not participate if you have tissue injury, infection or general inflammation. Individuals with arthritis should not be measured.

### Magnesium (Mg)

**\$12**

Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady. Adults who consume less than the recommended amount of Mg are more likely to have elevated inflammation markers. Low Mg appears to be a risk factor for osteoporosis. There's some evidence that eating foods high in Mg and other minerals can help prevent high blood pressure in people with prehypertension.

### Prostate Specific Antigen (PSA)

**\$33**

PSA helps detect prostate cancer and is approved along with a digital rectal exam in men age 50 and older.

### Thyroid-Stimulating Hormone & Free T4 (TSH)

**\$33**

TSH is used to screen adults for thyroid disorders and aids in the diagnosis of hypothyroidism or hyperthyroidism.

### Complete Blood Count (CBC)

**\$19**

The CBC is a group of tests used to screen for a wide variety of diseases; includes the following: white blood cells (WBC), red blood cells (RBC), hemoglobin (Hgb), hematocrit (Hct), platelets, mean cell volume (MCV), mean cell hemoglobin concentration (MCHC), neutrophils, lymphocytes, monocytes, eosinophils and basophils.

### Follicle Stimulating Hormone (FSH)

**\$33**

FSH is used to help women determine if they are in menopause or have gone through menopause. The test is for women age 45 and older; women who have had a hysterectomy and did not have ovaries removed; women experiencing changes in their normal cycle, having irregular cycles or experiencing hot flashes. This test is not valid if the woman is on any form of estrogen or progesterone.

### Vitamin D - 25 Hydroxy

**\$39**

The measurement of 25-OH Vitamin D concentration in the serum or plasma is the best indicator of Vitamin D nutritional status. Vitamin D is synthesized in the skin in response to sunlight. The best nutritional sources of Vitamin D are oily fish - primarily salmon and mackerel - some vegetables, yeast and fungi.

### Vitamin B12

**\$35**

Vitamin B12 (also known as cobalamin) is a vitamin required for neurologic function, DNA synthesis, and production of blood cells. The major dietary sources are meat, fish, and dairy products.

### Total Testosterone

**\$33**

Testosterone is the main sex hormone in men, produced mainly by the testicles. It is responsible for male physical characteristics. Although considered to be a 'male' sex hormone, it is present in the blood of males and females. May be used to help evaluate conditions such as decreased sex drive in men and women, erectile dysfunction in men, infertility in men and women, testicular tumors in men, hypothalamus or pituitary disorders, and Metabolic Syndrome.