Healthy Camels Wellness Screen

Name_____

DOB_____ Age_____

Employee ID# _____

Primary Care Provider_____

Date_____ Time _____AM/PM How many hours since you last ate/drank? _____

Height_____ in. Weight_____ lbs. BMI_____ Waist Circumference _____ in.

BP _____/_____ Total Cholesterol _____ HDL Cholesterol _____ Glucose _____

Tobacco use: Current Past Never Type: Cigarettes Cigars Chew Hooka Other:_____

BMI – Body Mass Index assesses your weight in relation to your height. Normal BMI is 18 to 24. A BMI of 25 or higher is considered overweight and a BMI over 30 is considered obese. Having a BMI over 25 increases your risk of disease including diabetes, high blood pressure, heart disease and cancer. If your BMI is 25 or higher talk to your physician about weight loss options or make an appointment at the Campbell Health Center for our specialized weight loss program.

Waist Circumference is a measure of your waist size at the level of your belly button. An enlarged waist is an indication of increased belly fat and increases your risk for diabetes, high blood pressure and heart disease. If your waist is enlarged you should discuss dietary changes with your physician or make an appointment at the Campbell Health Center for our specialized weight loss program.

Normal Waist Circumference (inches)		
	Male	Female
Caucasian	40	35
African American	37	31.5
Middle Eastern	37	31.5
Latino	35.5	31.5
Asian	33.5	31.5

Blood Pressure – While ideal blood pressures can vary according to age, normal blood pressure is considered less than 120/80. Borderline high blood pressure is 120/80 to 140/90. High blood pressure is 140/90 and needs to be treated. BP greater than 160/100 is serious and requires prompt attention. If your blood pressure is high, visit your physician or visit our board certified providers at the Campbell Health Center.

Cholesterol

Total cholesterol – The desirable level for total cholesterol is less than 200. If your cholesterol is greater than 200, you would benefit from additional evaluation to determine if treatment for high cholesterol is appropriate for you. **HDL Cholesterol** is commonly referred to as "good cholesterol". The higher the better and should be 40 or above for men and 50 or above for women.

Glucose – is a measure of the sugar level in your blood. Normal fasting blood sugar (not eating for at least 8 hours) should be less than 100 mg/dl. A random blood sugar over 200 indicates the presence of diabetes. If your blood sugar was greater than 100 and you were not fasting, it should be repeated in the fasting state. If your blood sugar is high, visit your physician or visit our board certified providers at the Campbell Health Center.

CAMPBELL UNIVERSITY HEALTH CENTER

129 T.T. LANIER STREET, BUIES CREEK, NC 27506

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FINGER STICK CONSENT

I hereby consent to have blood samples drawn for the purpose of screening. I understand that there may be some discomfort, bruising, bleeding or swelling at the finger stick site and surrounding tissue, and that it may become infected. If signs of infection are seen (redness, swelling, warmth, pain or pus), I will seek medical care.

In consideration of this testing and the Healthy Camels Wellness Screening being at no cost to me, I hereby release Campbell University, Incorporated, its trustees, affiliates, directors, officers, employees, successors and assigns, from any and all liability, damages, or causes of action, arising from or in any way connected with this blood drawing for my measurements or from the data derived therefrom.

I understand that:

1. I should not participate in this test if I suffer from any bleeding disorder or similar.
2. The data derived from this test is to be considered preliminary only and must be confirmed with additional tests. These tests should be reviewed with my physician.
3. A member of the Health Center medical staff will follow up with me in the event that my results are abnormal.

Signature:_____ Date:_____

Printed Name:_____ Phone:_____

Address: _____

Street City State Zip Code

Email address:_____ Date of Birth:_____