



## About the Free Health Tests Provided by Walgreens Way to Well Health Tour with AARP

The bundle of free health tests and risk assessments provided by *Way to Well Health Tour* is designed to provide participants with personal health insights that may indicate potential risks for cancer, heart disease and diabetes. Tests include total cholesterol, glucose, blood pressure, body mass index, body composition, skeletal muscle, resting metabolism, visceral fat, real body age and body weight. Collectively, the health tests are valued at over \$100, are administered to adults age 18 years and older by certified wellness staff. This is a free service –insurance will not be billed. Tests can be completed in approximately 20 minutes. Afterward, participants will consult with a Walgreens pharmacist or certified wellness staffer about his or her results.

Here's more detail about how the tests are administered and each test's impact on prevention and early detection:

- **Total Cholesterol Levels** – High blood cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke according to the American Heart Association (AHA)\*. Simple blood tests can raise awareness of high blood cholesterol as a risk factor for coronary heart disease, the first step toward modifying lifestyle to reduce risk. That's why it's important to have your cholesterol levels checked regularly and discuss your cholesterol levels with your doctor. *This test is administered through a quick, painless finger prick and takes about five minutes to process. Fasting is not required for accurate results.*
- **Glucose Levels** - Blood glucose testing is used to screen individuals for diabetes risk. The American Diabetes Association (ADA) reports that 25.8 million individuals in the United States – 8.3% of the population – have diabetes, and seven million of those individuals are undiagnosed\*\*. *The blood sample obtained from the finger prick administered for the total cholesterol levels' health test will also be used to determine glucose levels.*
- **Blood Pressure** - High blood pressure is one of the most common chronic conditions in adults according to the AHA\*. Uncontrolled high blood pressure is often called "the silent killer" because it has few or no symptoms, so you may not be aware that high blood pressure is damaging your arteries, heart and other organs. The only way to tell if you have high blood pressure is to have your blood pressure checked. *The test is done easily, quickly and painlessly using a cuff around the upper arm to measure the force of blood as it travels through the artery.*
- The “Way to Well” Health Tour’s **Comprehensive Weight Assessment Test** efficiently and effectively measures seven key weight and fat indicators using one device. The seven-in-one test helps you better know your overall health and includes: Body Weight, Body Mass Index (BMI), Body Fat Percentage, Skeletal Muscle, Body Age, Resting Metabolism and Visceral Fat. *The test is administered using non-invasive body sensing technology in a device similar to a floor-based scale.* The test accurately reports:
  - **Body Weight:** shows a person's weight and is used to determine other indicators seen below
  - **Body Mass Index (BMI):** is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat

- directly, but research has shown that BMI correlates to direct measures of body fat. BMI is used as a screening tool to identify possible weight problems for adults
- **Body Fat Percentage:** Body fat serves a vital role in storing energy and protecting internal organs. We carry two types of fat in our bodies: 1) essential fat, which is stored in small amounts to protect the body and 2) stored fat, which is stocked for energy during physical activity. While too much body fat may be unhealthy, having too little fat can be just as unhealthy. Also, the distribution of body fat in men and women is different, so the basis for classifying the body fat percentage is different between the genders
  - **Skeletal Muscle Percentage:** Skeletal muscle is the type of muscle that we can see and feel. When you work out to increase muscle mass, skeletal muscle is being exercised. Skeletal muscles attach to the skeleton and come in pairs -- one muscle to move the bone in one direction and another to move it back the other way. Increasing skeletal muscle will help your body burn more calories by using more energy. Building skeletal muscle can help prevent “rebound” weight gain. The maintenance and increase of skeletal muscle is closely linked to resting metabolism rate
  - **Body Age:** is based on your resting metabolism. Body age is calculated by using your weight, body fat percentage and skeletal muscle percentage to produce a guide to whether your body age is above or below the average for your actual age
  - **Resting Metabolism:** is the energy required to maintain vital functions. Regardless of your activity level, a minimum level of caloric intake is required to sustain the body's everyday functions. This indicates how many calories you need to ingest in order to provide enough energy for your body to function (minus any calories used for exercise or regular daily activities). If your daily caloric intake exceeds the amount of energy required for these activities, the additional calories can be stored as fat
  - **Visceral Fat:** Carrying weight around the middle abdomen is an example of visceral fat. Other fat, stored Visceral fat has been linked to metabolic issues and increased risk for cardiovascular disease and type 2 diabetes. In women, it is also associated with breast cancer and the gallbladder problems. The good news is that visceral fat can be easier to lose and benefits range from lower blood pressure to more favorable cholesterol levels. Subcutaneous fat located at the waist — the pinchable fat — can be frustratingly difficult to lose, but in normal-weight people, it's generally not considered as much of a health threat . Abdominal fat is more likely than fat stored in other spots to lead to changes in hormone levels and to cause inflammation, which in turn leads to clogged arteries.

The American Cancer Society’s educational health and wellness resources are also featured on the Tour and provide insight on the eight ways the American Cancer Society recommends people take control of their health and reduce their risk of cancer:\*\*\*

- Stay away from tobacco
- Maintain a healthy weight
- Get moving with regular physical activity
- Eat healthy with plenty of fruits and vegetables
- Limit how much alcohol you drink
- Protect your skin from excess sun exposure
- Know your body, your family history, and your health risks
- Have regular check-ups and cancer screening tests

\* Walgreens is a proud sponsor of the American Heart Association. This information is based on the knowledge and experience of American Heart Association's medical experts. To learn more about heart health and prevention of heart disease, please visit [www.heart.org](http://www.heart.org).

\*\* Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011). The American Diabetes Association is a Walgreens "Way to Well Health Tour" cause partner. To learn more, visit [www.diabetes.org](http://www.diabetes.org).

\*\*\* American Cancer Society's healthy lifestyle recommendations. For more ways to stay healthy and to learn more about prevention and early detection, visit [www.cancer.org](http://www.cancer.org).

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