



## **About the Free Health Tests Provided by the *Walgreens Wellness Tour with the National Urban League***

The health tour's bundle of free health tests and risk assessments is designed to provide participants with personal health insights that may indicate symptoms and 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 more than \$100. The health tests are administered by certified wellness staff and are available to adults who are ages 18 and older. Afterward, participants can consult with a Walgreens pharmacist or certified wellness staff about his or her results. This free service can be completed in approximately 20 minutes – insurance will not be billed.

### Health Tests Overview:

**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. *The 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.*

**Comprehensive Weight Assessment** – The comprehensive weight assessment measures seven key health indicators including: body mass index, body composition, skeletal muscle, resting metabolism, visceral fat, real body age and body weight. *The test is administered using non-invasive body sensing technology in a device similar to a floor-based scale.*

Comprehensive Weight Assessment Measures:

**Body Mass Index (BMI)** – 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 Composition** – Body fat serves a vital role in storing energy and protecting internal organs. We carry essential fat and stored fat in our bodies. Essential fat is stored in small amounts to protect the body. Stored fat 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** – 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.

**Resting Metabolism** – 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** – Visceral fat is weight carried around the middle abdomen. 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 gallbladder problems. 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.

**Real Body Age** – 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.

**Body Weight** – Body weight shows a person’s weight and is used to determine other indicators seen above.

*\* Tests are available to ages 18 and over. Test results are not for diagnostic or treatment purposes and are not conclusive as to the absence or presence of any health condition. Recipients are encouraged to report test results to their primary care provider. Pharmacist consultation with patient does not constitute medical advice. State restrictions may apply.*

*\*\* 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). To learn more, visit [www.diabetes.org](http://www.diabetes.org).*