

# LIFE SCAN



ONLY ELIGIBLE TO FT EMPLOYEES ON  
THE CITY'S MEDICAL INSURANCE

YOUR PARTNERS  
IN PREVENTION



City Hall, Building A, Second Floor  
121 SW Port St. Lucie Blvd.

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8 a.m. | 11 a.m. | 2 p.m.

## REGISTER NOW

for your **FREE** voluntary  
**Life Scan** evaluation.  
**First-come, first-served.**



## WELLNESS PHYSICALS

With a focus on early detection and prevention, Life Scan Wellness Centers offer thorough health evaluations as well as recommendations for achieving and maintaining a long-term healthy lifestyle and managing medical risks to prevent fatalities. Each Life Scan exam includes a confidential, comprehensive medical evaluation, ultrasound imaging cardio-pulmonary assessments, vision and hearing test and extensive laboratory blood profiles. Only those who have not previously participated are eligible to participate this session. Future dates to follow. Results are confidential.

### Comprehensive Medical Exam

- Physical exam
- Vital signs
- Vision and hearing
- Hemoccult test
- Skin cancer screening
- Consultation with review of results and a personalized health plan

### Ultrasound Imaging

- Echocardiogram of heart
- Carotid arteries
- Aorta and aortic valve
- Thyroid
- Liver, pancreas, gall bladder, kidneys, spleen and bladder
- Women: Ovaries and uterus
- Men: Testicular and prostate

### Cardio-Pulmonary

- Cardiac treadmill stress test with EKG
- Electrocardiogram
- Pulmonary function test (Spirometry)

### Laboratory Analysis

- Comprehensive metabolic panel
- Complete blood count
- Total lipid panel (cholesterol)
- Thyroid panel
- Diabetes test
- Urinalysis
- Men: PSA prostate cancer test
- Women: Ovarian cancer test

### Fitness Analysis

- Wellness fitness initiative
- Metabolic analysis with body fat
- Strength, endurance and flexibility tests
- Diet and nutritional recommendations
- Personal exercise prescription

\*\* Each medical evaluation will last three hours.

\*\* Upon registration, you will receive your blood work kit at no cost

\*\* You will need to complete your blood work seven days before your appointment to participate

\*\* Bring gym clothes and sneakers

\*\* Participants receive one wellness credit