

Health Screening Clinics — Frequently Asked Questions

Why should I participate in a health screening clinic?

There are many good reasons to participate in a clinic. The event is convenient, free and informative. You will also:

- Learn about your potential health risks through measurement of various health indicators such as blood pressure, cholesterol and glucose levels, body composition measures, etc.
- Review your personal results with a qualified on-site healthcare professional
- Receive recommendations from the healthcare professional on how to best reduce your risks

How confidential is this testing?

A qualified health care professional will perform your tests, maintaining your privacy and confidentiality at all times. Test results will be used only to determine your health risks and at no time will your employer view or will have access to your personal results. Lifemark may provide your employer with anonymous group (summary) statistics for reporting purposes.

How do I sign up for a health screening clinic?

You can register for your upcoming clinic online. We included the registration link in your clinic announcement emails. Step-by-step instructions will make your sign-up quick and easy.

How will I know which tests I will be taking?

Lifemark has designed each health screening clinic to measure specific health indicators. At the time of the appointment, the health professional will review the individual tests being completed, and the importance of maintaining healthy ranges.

Will the clinic cost me anything?

No, this clinic is a component of your employer's wellness program and is FREE to eligible participants.

What happens during my appointment?

When you come for your appointment, the healthcare professional will be expecting you. The healthcare professional will explain the tests, collect your signed consent form, and then perform all required testing. There will always be time after testing to review your personal results, ask questions and discuss recommendations with your healthcare professional.

Will the testing hurt?

If you have your blood pressure taken, it will be no different from having it taken at your doctor's office; you will experience a slight squeezing pressure on your arm that will quickly be released.

You may also have your finger pricked to obtain a sample droplet of blood. Your healthcare professional will use a retractable lancet to prick your finger quickly, and the discomfort is less than that of a paper cut. Immediately following the finger-prick, the healthcare professional will apply a bandage.

Is fasting required?

Fasting is not required to participate in the health screening appointment.



1-855-444-0834
employerservices@lifemark.ca
lifemarkworkhealth.ca

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How quickly will I get my results?

You will receive your results right away and your healthcare professional will provide an explanation, along with relevant handouts. Please remember that this is not a medical diagnosis. If any of your results are in a high or severe risk parameter, the healthcare professional will complete a doctor's letter for you to take to your physician to request that he/she interpret your results. Regardless of your measures, we recommend that you share the results of the appointment with your physician for ongoing health and wellness support.

Why does Lifemark retain a copy of my results?

Lifemark is required to keep a copy of medical files following the completion of the clinic. All health information gathered remains strictly confidential and is stored in the Lifemark facility. Lifemark will aggregate all participant results to provide your employer with an anonymous group summary. At no time will we share your personal results with your employer, colleagues, etc. As well, should your employer host future clinics with Lifemark, our healthcare professionals have access to your previous results to compare against and assess for improvements and/or changes. If you have any questions on data collection or storage, please reach out to us at:

help@lifemark.ca or 1-855-444-0834

What do I need to bring to the clinic?

Please bring your signed consent form to the clinic.

What should I wear to the clinic?

You will need to wear comfortable clothing that allows you to have your blood pressure taken and move easily.

What if I decide not to give my consent?

We will keep confidential that you have opted **not** to provide consent.

What if I have to cancel my appointment?

There is a cancellation link and instructions provided within your confirmation email. Please note that the online registration will close at least one day prior to the clinic date.



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