CHC WELLBEING

Ready to Reach Your True Potential?

2026 Screening Guide

LOCAL 701 MECHANICS LOCAL 701

Sign up today!

WHAT IS THE WELLBEING ASSESSMENT? It's a two-part review of your current overall wellbeing. It includes a simple **biometric screening** that is done onsite or at an outside lab. Screenings check your blood pressure and 37 different components of your blood, including cholesterol, blood sugar, kidney, liver and other functions, to give you a complete view of your physical wellbeing. There's also an online **Health & Lifestyle Survey** that asks questions about the physical, emotional, social and financial aspects of your life and what your lifestyle choices mean to your current state of wellbeing.

All members, spouses and dependents age 18+ are eligible to participate in the wellbeing assessment!

Welfare Fund Participants, this is provided at no cost to you. Non-Welfare Fund Participants, the cost is $119.00.

*Welfare Fund Participants and their spouses can receive a reimbursement of up to $125 towards their 2026 deductible for completing the biometric screening!

Screening Options

Onsite at a Health Fair

Test at a Lab

*If you do not pay towards your deductible in 2026, you will not receive a reimbursement.

Onsite Screening Dates

Onsite screenings are a convenient way to get your health journey started. Our team of phlebotomists come to your organization and perform a blood pressure check and blood draw.

Saturday, October 17th
6:30 am – 12:30 pm

Local 731 Conference Center
1000 Burr Ridge Parkway
Burr Ridge, IL 60527

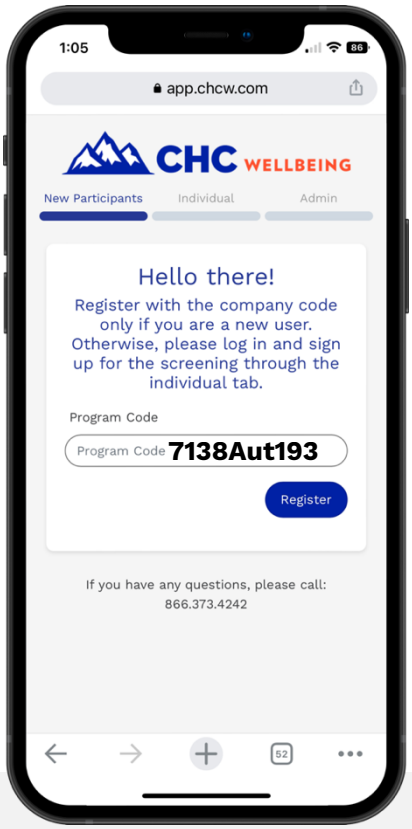
Test at a Lab

Appointments are not needed but recommended. Please go to www.labcorp.com to find a facility nearest to you and to set an appointment. Remember, you have to register with CHC Wellbeing first in order to access the paperwork you need for your LabCorp appointment.

Visit a LabCorp Facility by October 31, 2026.

Please note: LabCorp is offering a service called Getlabs for remote screenings. Please note that this service is NOT a part of your wellness program and any costs will be charged directly to you.

To register for the screening, go to **app.chcw.com**.



New Members

1. Enter your program code **7138Aut193** under the “New Participants” tab and select “Register”.
2. Complete your registration by creating a CHC user profile to begin your journey!
3. Follow the prompts to schedule your screening and complete the Health & Lifestyle Survey.

Returning Members

1. Enter your username & password under "Individual Login" and select "Log in."
2. Select the “Join a Wellness Program” card under “Today’s Activities.”
3. Enter in program code **7138Aut193**.
4. Complete the activity cards under “Today’s Activities” on your dashboard to successfully register for the screening.

ONSITE: Attend your onsite appointment to complete your screening.

TEST AT A LAB: Print or pull up on your phone your instruction and requisition form and present at a LabCorp facility to complete your screening.

You’re successfully signed up for the screening!

If you need help, call 866-373-4242 to sign up for the screening over the phone.

This is a fasting test! For the most precise results, you should fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.

Your Screening

KIDNEY DISEASE
BUN
Creatinine
BUN/ Creatinine Ratio
Phosphorus
Sodium
Potassium
Chloride
Carbon Dioxide
eGFR

LIVER & GALLBLADDER
Bilirubin, Total
Bilirubin, Direct
Alkaline Phosphatase
AST
ALT
LDH
GGT
Albumin
Protein, Total

DIABETES
Glucose
Hemoglobin A1c

HEART DISEASE & STROKE
Blood Pressure
Triglycerides
Total Cholesterol
T. Cholesterol/HDL Ratio
HDL Cholesterol
LDL Cholesterol
Calcium
VLDL Cholesterol
Estimated CHD Risk

ANEMIA, INFECTIONS & CERTAIN CANCERS
Iron
Platelet Count
Hemoglobin
Hematocrit
Globulin, Total
RBC: MCV, MCH, MCHC, RDW
WBC: Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Immature Granulocytes
PSA (prostate – men only)
TSH (thyroid – women 40+ only)

NUTRITIONAL & GASTROINTESTINAL DISORDERS
Uric Acid

HEALTH & LIFESTYLE SURVEY
The CHC Wellbeing research-based Health & Lifestyle survey is a questionnaire that assesses lifestyle choices to better evaluate your overall health.

Additional Testing Options

Select your tests online. Additional tests can be paid with credit/debit card, or FSA/HSA cards online when you register for your screening appointment.

HEART HEALTH

Homocysteine $17.50
Linked to detecting early development of heart disease influenced by diet and genetic factors.

NMR $49.50
Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy.

C Reactive Protein (CRP) $10
Detects inflammation and infections. Evaluates the possibility of developing heart disease.

NUTRITIONAL & VITAMIN

B12 & Folate $15
Necessary vitamins for red blood cell formation. Detects deficiencies and anemias.

Vitamin D $17.50
A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess.

DIGESTIVE HEALTH

Gluten allergy $14.50
For individuals with suspected sensitivity to gluten. May help diagnose celiac disease.

Got Questions? We Have Answers!

For more information call
866-373-4242

How do I update my onsite appointment or access the forms for a LabCorp? Select the 'Complete Your Screening' card under 'Today's Activities' to update your appointment time/location or access the forms needed for a LabCorp. **NOTE:** You must complete your health & lifestyle survey first in order to access your forms.

What if I am unable to attend the onsite screening? You can still complete an assessment at an offsite location. Follow the instructions on page four of this guide to sign up on the CHC portal. When prompted to select a location, click "remote" for your screening appointment. Print out the two forms that you will need to take to a local LabCorp facility. You must visit a local LabCorp facility by **October 31, 2026**. LabCorp is offering a service called Getlabs for remote screenings. Please note that this service is NOT a part of your wellness program, and any costs will be charged directly to you.

Note: Blood pressure readings may not be available to be taken at remote laboratory locations. You will be prompted to enter it during registration. If a blood pressure measurement is not entered, you will be marked as unknown.

When will my results be available? You will have access to your results and other health information online at app.chcw.com within 3-5 days after your screening.

What data should I have ready when completing the Health & Lifestyle Survey? When completing the Health & Lifestyle Survey online or at the screening, you will be asked to submit your height, weight, and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure your waist's circumference, which is slightly above your belly button.

Can I send a copy of my results to my physician? YES. If you would like to send a copy of your lab results to your physician, please provide your doctor's first and last name and fax number when you schedule your screening. You can also bring this information to the onsite screening or fax your results to your physician at any time on your CHC Wellbeing portal.

Is the wellbeing assessment confidential? All your results are confidential and protected by federal law. CHC does NOT send your individual health data to your employer or insurance provider. Your insurance provider will only view de-identified, aggregated health data from wellness participants. In addition, CHC will not, under any circumstances, sell or rent your health data to any outside third party. To learn more about how your health data is protected, go to **hhs.gov/hipaa.**

Is this a drug test? NO. Your wellbeing assessment is intended to help detect the early stages of disease and disorders only.