

# Process Overview for The Kanawha County Employees



**Step #1:** Participant completes the online PWP (Approximately 15 minutes)



**Step #2:** Registration  
- Participant completes the Enrollment Form and release for information to be sent to their PCP if they currently have one (Approximately 2-3 minutes)



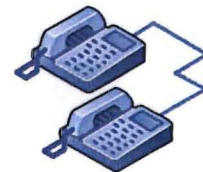
**Step #3:** Cholestech Lab Work  
- Simple fingerstick to check Total Cholesterol, HDL, LDL, Triglycerides, HDL/Total Chol Ratio and Glucose  
- Men >40 will receive a PSA (Approximately 5 minutes)



**Step #4:** Biometric Information  
- Height, weight, blood pressure, hip/waist ratio, and BMI  
- Bone Density: Optional (Approximately 5 minutes)



**Step #5:** On-site Health Coach Consultation  
- A trained Health Promotion Coach will discuss the following with the participant:  
\* PWP and Lab Results  
\* Answer any questions regarding results  
\* Set a plan of action for improving their overall current lifestyle  
\* Provide the participant with educational materials specific to their individual needs (Approximately 10-15 minutes)



**Step #6:** Appointments made with PCP  
- Participants that meet certain high risk criteria will be asked to make an appointment with their PCP prior to leaving the health screen  
- Participants that do not have a PCP will be asked to make an appointment to follow up with a PCP prior to leaving the health screen (Approximately 5 minutes)